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SEVEN DAYS

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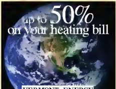

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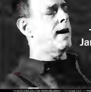

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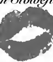

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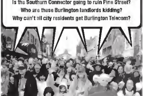
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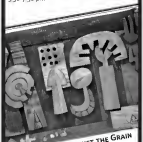

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TOP: Hugh Townley (American, 1923-2008), *Ganesh, Eddington, Ellison, and Ford*, 1979. Mahogany. Courtesy of the Hugh Townley Estate.

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COVER DESIGN ANDREW SAWTELL

SEVEN DAYS
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CONTRIBUTING WRITERS Marc Awodey, Jarrett Berman, Elisabeth Crean, Erik Esckilsen, Derek Fenton, Benjamin Hardy, Kirk Kardashian, Kevin J. Kelley, Rick Kisonak, Alice Levitt, Judith Levine, Amy Lilly, Alison Novak, Jernigan Pontiac, John Pritchard, Robert Resnik, Matt Scanlon, Leon Thompson, Sarah Tuff, Bill van der Pol
PHOTOGRAPHERS Andy Duback, Jay Ericson, Jordan Silverman, Matthew Thorsen, Jeb Wallace-Brodeur
ILLUSTRATORS Harry Bliss, Stefan Bumbeck, Thom Glick, Tim Newcomb, Susan Norton, Michael Tonn
CIRCULATION Harry Appelgate, Rob Blevins, Joe Bouffard, Pat Bouffard, Colin Clary, Tito Keefe, Nat Michael, Steph Pappas, Melody Percoco, Steven Plumptre, Robbie Rovner, John Shappy, Bill Stone, Matt Weiner
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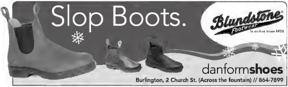

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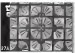

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ROUNDABOUT ARGUMENT

The single-lane roundabout replacing the Shelburne Road rotary creates a traffic-calming zone for all users ["Local Matters," December 17]. Fifty-three recent car crashes demand action — advisory groups and technical people recommend a standard roundabout that reduces car crashes and creates pedestrian-friendly conditions (one lane cuts serious ped and car injuries by about 90 percent).

The alternative "hybrid" of two lanes entering from Shelburne Road compromises both safety and service. The source in the *Seven Days* story, transportation engineer Georges Jaquemart, affirmed the single lane as the only realistic choice. Jaquemart's experience includes several Vermont transportation studies.

Expect most busy Vermont intersections to convert to roundabouts. A series of roundabouts replacing signals — to respond to Burlington transit operators — reduces through-travel times. Besides, roundabouts improve pedestrian movement, a critical element for transit success. The single lanes benefit commuters. Peak traffic delays at Shelburne Road/St. Paul compare to the larger reductions at the South Willard, Locust and Ledge stop signs. This ends unfair delays for neighborhood residents who also commute. Simply put, a roundabout treats all commuters equally. How can one disagree with that?

Finally, the hybrid choice penalizes all three commercial businesses by making their access more difficult — the single-laner allows all traffic businesses access in and out without a left turn.

The single-lane roundabout — the choice for all reasons.

Tony Redington
MONTREAL, QUEBEC

Redington is a transportation policy analyst who used to work for the State of Vermont. He's writing a book about roundabouts.

GAY MARRIAGE IS A CIVIL RIGHT

Steve Cable's arbitrary assertion notwithstanding ["A More Perfect Union?" January 7], a real marriage is a quintessential civil right. The only requirement for obtaining a state marriage license is establishing legal age. The only prohibitions are having more than one legal spouse at a time and marrying a close blood relative. No course, exam or proof of good health or good character is necessary. God, the Bible and intention to procreate are not mentioned on a marriage license or license application.

Anyone may marry any number of times, a civil marriage license is valid forever and only the partners may terminate it by death, divorce or occasionally annulment. Only gay and lesbian couples are categorically excluded from civil marriage for no legitimate or even stated secular reason. Surely this is as much a civil rights violation as being denied the right to vote or practice one's religion. The California Supreme Court summed it up beautifully and succinctly in ruling that the state has no compelling interest in limiting marriage to heterosexual couples.

Judy Blinick
MIDDLEBURY

DELANTY'S CUE

Thank you for the excellent story on Greg Delanty's scaling of the poetry heights by age 50 ["Burlington Poet Gets an Agenda," January 7]! Really nicely done. And of course we at Saint Michael's are very proud and wish we could take credit. At least we've provided him a steady gig! He's astounding, and your story gave an excellent picture of him.

Buff Lindau
BURLINGTON

Lindau is public relations director of Saint Michael's College.

NUMBERS GAME

In 2001, the Chittenden Bank marketed some mortgages with the option of having them serviced locally for a significantly increased rate of interest. Tired of the runaround from remote and impersonal mortgage lenders, I refinanced with Chittenden — and paid this premium — in order to get this feature.

When I got the letter last week announcing Chittenden had sold my mortgage to Everhome [Local Matters, January 14], I called Chittenden to ask if the interest rate would now revert to what they were charging in 2001 for nonlocal servicing.

"Not a chance," said the customer-service representative. While she maintained it's written in my contract that Chittenden could at any time sell the servicing, that's certainly not how they pitched it back when they solicited my business in 2001. In short, she said, Chittenden's partner Everhome would continue to charge me for services they were not providing and would continue to do so for the 20+ years remaining in the mortgage.

Even if this isn't fraud, as she maintained, her response clearly evidenced Chittenden's lack of concern for their customers and leads me to wonder how many others were sold this bill of goods. Bernie Madoff, eat your heart out!

Sue Schein
BURLINGTON

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» INAUGURATION COVERAGE ON BLURT

Seven Days correspondent **Kevin J. Kelley** was in Washington, D.C. this week covering the inaugural festivities for the Kenyan newspaper, *The Nation*. While he was there, he submitted some eyewitness reports to *Blurt*, the *Seven Days* staff blog. Here are some of his observations on the eve of the inauguration:

> "Downtown D.C. is awash with celebrants, soldiers in camo and hawkers of inaugural kitsch. I've been to many demonstrations here, including some of the biggies during the Vietnam War, but I've never seen Washington as crowded as it is today.

> "As an African American I did not expect to see this happening in my lifetime," said Robert Tignor, a 64-year-old retired judge who has lived all his life in Washington, D.C. "We're all a bit apprehensive about the state of the economy and the image of this country in the rest of the world, but I and everybody I know feels that there's not a better person or team of people to lead at this moment. It's like being on an

> airplane that's been out of control, that may be damaged, and you know you're in trouble. But finally someone you can trust is taking charge and you're starting to hope that maybe we'll all land safely after all."

> "Esther Iverem, an African-American writer, echoed that sentiment: 'I'm not into hero worship, but it's like a weight is being lifted off us. It's like the end of the Dark Ages.'"

"Fair Game" columnist **Shay Totten** blogged from the inauguration party at Nectar's in Burlington. Here's an excerpt from his final post:

> "As someone who has frequented Nectar's since moving to Burlington in 1991, I have to say two things just happened I don't think I've witnessed in this bar before: The singing of the National Anthem (loudly and proudly!) and hearing the word 'Amen' after Rev. Joseph Lowery gave his blessing to President Obama's inauguration."

Read more at www.sevendaysvt.com

MOST POPULAR STORIES LAST WEEK ON THE *SEVEN DAYS* WEBSITE:

1. "End of the Line: Peter Freyne, 1949-2009" by Pamela Polston (1/14/09)
2. "Taste Test: Asiana Noodle Shop" by Suzanne Podhaizer (1/14/09)
3. "Chittenden/People's Bank Mortgages Go South — to Florida" by Kevin J. Kelley (1/14/09)
4. "Fair Game: Political Half-Lives" by Shay Totten (1/14/09)
5. "Free Will Astrology" by Rob Brezsny (1/14/09)

VIDEO

If you have an idea for a video, or would like to have your music featured in our videos, contact eva@sevendaysvt.com

STUCK IN VERMONT:

Eva Sollberger brought her video camera to Tuesday's inaugural bash at Nectar's in Burlington.

BLURT **[STAFF BLOG]**

Interview with Israeli Consul General Nadav Tamir

On Wednesday, Jan. 14, Israel's Consul General to New England, Nadav Tamir, visited Burlington as part of a two-day visit to Vermont, which was scheduled to include a meeting with Gov. Jim Douglas today. Prior to a speaking engagement at Ohavi Zedek Synagogue in Burlington, Mr. Tamir agreed to a one-on-one interview with *Seven Days* at his hotel.

SEVEN DAYS: Was your visit to Burlington scheduled prior to the current hostilities in Gaza?
NADAV TAMIR: No. Burlington is definitely an important audience for me. But this trip was planned because there was an event here around the Gaza [situation].

SD: What is your primary mission as consul general to New England?
NT: I represent Israel in New England. What that means is to reach out to various communities, to improve relations, whether it's economic[al] or political relations, media, academic. I'm trying to reach out, meet people and get our message across.

SD: The current conflict in Gaza comes at time of a great change in government leadership, both in Washington and possibly in Jerusalem as well. Israel has elections coming up in several weeks, correct?
NT: February 10.

SD: Do you expect U.S. policy toward Israel will change under the Obama administration?
NT: I think strategically, not. Strategically, the relations between Israel and the U.S. are beyond politics. We see it in public opinion polls, we see it during many administrations from different parties that there are these special relations that are based on shared values and common interests, that are not based on one administration or one party or the other. It seems to me the Obama administration is planning to be more hands on.

Read more online

Posted January 15 by Ken Picard

GOOD CARMA **[AUTO]**

I'm Going to Team O'Neil Rally School This Week

Tomorrow morning I'll be heading out bright and early, at about 6 a.m., so I can get over to Littleton, N.H. for a four-day Rally Driving School put on by Team O'Neil. We'll spend a portion of each day in a classroom, learning about rally driving techniques, then we'll head out for practice on the miles of snow-covered roads their compound encompasses.

Owner and lead instructor Tim O'Neil is a five-time U.S. and North America Rally Racing Champion. I'll be blogging each evening, describing the events of the day, so be sure to check back in.

Posted January 19 by Bob Kilpatrick

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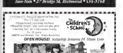
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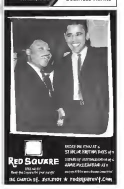
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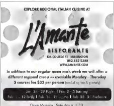
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fair game BY SHAY TOTTEN

OPEN SEASON ON VT POLITICS

The More Things Stay the Same

Change is in the air, but one thing remains the same: After-hours mixers are *de rigueur* in Montpelier — they give lobbyists, state officials and lawmakers a chance to rub elbows.

Powerhouse lobbying firm **Kimball, Sherman and Ellis** held one such shindig last week, and more will be sprinkled throughout the session; state employees, trade associations and other interest groups take turns playing host.

The goal of these events is simple: Make a good impression on the folks who write and enforce state laws. Vermont's a small place, after all, and we're all just friends, right? Here, have another drink on me.

The promise of good lawmaker relations no doubt motivated Entergy to sign up to be the plutonium — er, platinum — sponsor of the governor's recent inaugural ball. With a $5000 gift, Entergy was the event's top donor. Hope they got the first dance.

Entergy's money went to a good cause, though. The Vermont Foodbank received all proceeds from this year's ball. Not sure why Entergy didn't give directly to the Food Bank. Maybe the company doesn't realize how close the Barre nonprofit is to the Statehouse. Entergy's in Mississippi.

The bad news kept coming for Vermont media last week.

Entergy has had no bigger defender than Gov. **Jim Douglas**. Just last week he claimed lawmakers should move forward on a vote to let Vermont Yankee operate another 20 years beyond 2012 even if we don't know how much they'll charge us for power.

Trusting guy.

It's gotta be comforting that Public Service Commissioner **David O'Brien** — Douglas' top energy official — is keeping a close watch on VY. So close, in fact, that [Entergy Nuclear Vermont Yankee's] top exec, **Jay Thayer**, was a guest at O'Brien's annual holiday party last month in Stowe.

Thayer and his wife were joined by former Democratic lawmaker **Robert Dostis** of Waterbury, who used to chair the House Energy Committee. He's now working in external affairs for Green Mountain Power. Local Republican Rep. **Heidi Scheuermann** of Stowe also came.

Other members of the administration, along with officials from Central Vermont Public Service and VELCO, got invites but couldn't make it because of the weather. Bummer. Sounds like they missed a good party.

O'Brien said people talked about wine trips and what to do for fun in Stowe. Thayer and his wife recently moved there and wanted some local advice. What does one do in Stowe in the winter? Hmm.

"We didn't talk business at all," confirms Dostis.

Added O'Brien, "When it comes to utilities, I pound on them 364 days a year, and for one day a year we celebrate Christmas and the holidays, and the best part of it is we don't talk about business."

But if that's true, why did O'Brien originally *deny* entertaining Thayer?

"Fair Game" got a tip that the commish had Thayer and his wife over just days before his department released a lengthy — but partially redacted — report on the reliability of Vermont Yankee.

Not so, he assured us.

It wasn't until after we talked to at least one attendee and confirmed invites from other folks that O'Brien suddenly remembered there *had* been a party after all — not a "dinner" party, but a "Christmas" party.

When we first asked the question, O'Brien explained, he heard "dinner party" and didn't think of his Christmas party since it's a low-key event with friends and not a business meeting.

Honest mistake. Cool. Vermont Yankee makes 'em all the time.

Free Press Furloughs — Staffers at *The Burlington Free Press* learned of more cost-cutting measures last week. Between now and the end of March, all employees have to take the equivalent of one week's unpaid vacation.

Like all Gannett staffers, workers at the Freeps received an email from the news organization's top dog, CEO **Craig Dubow**. He said the furloughs were the "fairest and least intrusive way to meet these fiscal challenges ... We sincerely hope this minimizes the need for any layoffs going forward."

In another move to reduce expenditures, the Freeps has combined the front and local sections to create a 14-page one-section Monday paper. Living is folded into the tabloid-sized *Business Monday*, which was 28 pages. Loved the positive spin from Executive Editor **Mike Townsend**: "It's a quicker and breezier look at the news of the day."

Return to Sender — Meanwhile, *Seven Days* got an actual "pink slip" from the Freeps. It came with a bill for an ad placed for our December buy-local "Holiday Payday" promotion.

It turned out to be a change-of-address notice. From now on, Vermont advertisers are instructed to send payment to "The Burlington Free Press, P.O. Box #22840, Philadelphia, PA 19182-2840."

No explanation from Publisher **Brad Robertson** on Philly's claim on our hard-earned cash. Or how the paper can opine *ad nauseam* about Vermont not doing enough to keep jobs and its money here while it ships its own out of state.

>> 11A

<< 10A

All in the Family — The bad news kept coming for Vermont media last week. The family-run company that owns the *Rutland Herald/Times Argus* newspapers announced 14 layoffs.

Of those, five were axed from the papers' newsrooms — two editors, two reporters and a newsroom assistant. In all, the company publishes several niche publications with a staff of 165. Company President and Publisher **R. John Mitchell** said, "In spite of our best efforts to reduce costs over the past year, they are not nearly enough to offset the loss of advertising revenue."

Mitchell has avoided major layoffs until now, but that doesn't mean they haven't visibly cut costs. A year ago, the company ditched its excellent Sunday magazine. The paper offered the mag's editor, **Dirk Van Susteren**, a different job, but Susteren took a "generous" severance package instead.

More changes are coming. Readers will notice both publications are narrower in width, a paper-saving move expected to save tens of thousands of dollars.

But news coverage isn't completely disappearing at the *RH/TA*.

Still intact is the three-person Vermont Press Bureau of **Louis Porter**, **Dan Barlow** and **Peter Hirschfeld**. The trio covers Montpelier and the Douglas administration.

Good thing someone is keeping an eye on Montpelier. Appreciate it while it lasts.

The promise of good lawmaker relations no doubt motivated Entergy to sign up to be the plutonium, er, platinum sponsor of the gov's recent inaugural ball.

Jim on Jobs — The Douglas administration couldn't find enough vacant positions to trim the state's workforce by 400 as promised. It's about 50 jobs short.

Given the economy, Douglas noted, fewer people are leaving state's employ. Go figure.

That could mean larger-scale state layoffs down the road, Douglas told reporters at his weekly presser.

The gov used the occasion to continue his harangue against the education industrial complex and its out-of-control hiring-and-spending spree. You know the details: In the past decade, Douglas claims, student enrollment has dropped by 10 percent and school staffing has increased by 22 percent. Budgets have been growing at 6 percent, etc.

Incoming Education Commissioner **Armando Vilaseca** says the governor needs to do his homework. The commish notes that more than 175 teachers have been let go in the last two years; the only growth is in support staff who work with at-risk or special needs kids.

Schools need to retool themselves during this economic crisis just like state government and businesses are doing, insisted Douglas. "Some of you have had personal experience with the economic realities we're facing and the tough decisions employers around Vermont are making." His words were directed at the reporters in the room.

Ouch.

Dean Cleans Out the Closet — The Democratic National Committee and its outgoing chairman, Gov. **Howard Dean**, settled a discrimination suit brought by the organization's gay former outreach director **Donald Hitchcock**.

The out-of-court settlement is said to be in the six figures, but neither side would confirm the amount.

As reported in "Fair Game" two weeks ago, Hitchcock alleged the DNC fired him in 2006 because his partner criticized Dems for marginalizing gay issues, among other reasons.

The two sides issued a joint statement last week that was full of praise for each other. Hitchcock was quoted saying: "I appreciate all the things the DNC, Gov. Dean, Rev. **[Leah] Daughtry**, **Andy Tobias**, **Julie Tagen** — and the Democratic Party generally — have done to advance equality. I had hoped for even more, but the dialogue is not over yet. I look forward to working with them all for continued progress."

Six figures. That would make me appreciative, too.

All's Not Fair — No one is on the line for some union workers who were promised jobs in Vermont and New Hampshire by FairPoint Communications.

FairPoint, which this week officially takes over Verizon's landlines in New England, is shipping about 70 collections jobs south after promising to keep them in the region.

"There wasn't enough interest in Littleton, N.H.," according to **Don Trementozzi**, president of Communication Workers of America Local 1400. But there was strong interest in South Burlington, where office space was prepared for the anticipated employees.

But no. Last week FairPoint announced the jobs are going to Mississippi. Trementozzi added the union could bid on the positions, as long as the offer is competitive with Mississippi wages and job conditions.

Republican State Sen. **Vince Illuzzi** met with **Pam Powell**, FairPoint's top exec in Vermont, in hopes of keeping jobs in the state. Company officials told Illuzzi they will hire additional people in Vermont to make up for the outsourced jobs.

Union officials aren't so sure they can trust FairPoint. "They promised they would keep 600 jobs in the community," said Trementozzi, "and they are reneging on day one."

Re-Reporting for Duty — The Progressive candidate who ran against freshman U.S. Rep. **Peter Welch** last fall is being "involuntarily activated" from the so-called "individual ready reserve." Vet-turned-peace-activist **Thomas Hermann** isn't sure whether he'll report for duty.

During his three years in the military, Hermann was deployed for one year to Iraq, where he patrolled Mosul and in Al Anbar province. Then, as with many soldiers, Hermann's "time" was extended by four months.

Now he's in a group of soldiers that doesn't train or receive pay — unless they're summoned by the Presidential Reserve Call-up Authority. By law, Hermann can make a case to the military that he should not serve again.

To date, four of his unit comrades have been called up, and all four asked to be excluded. So far, they either have been denied or their appeals are pending. Hermann's not sure if he'll follow suit.

"I seek the best path where I can honor my commitment and adhere to my moral convictions about the Iraq war and redeploying," he told "Fair Game."

Yet Hermann wonders: Why the need for a call-up when recruitment is going gangbusters, given an economy in the shutter and a de-escalation of forces in Iraq?

One word: Afghanistan. How's that for "change," folks?

No Shrub for Vermont — Vermont will remain the only state **George W. Bush** did not visit during his presidency. To the other 49 states, we can only say: Nyah nyah nyah nyah nyah!

To reach Shay Totten, email shay@sevendaysvt.com.

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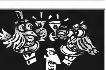

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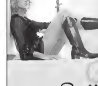
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TRANSPORTATION

Weight a Minute — Are Heavy Trucks Getting Fair Treatment in Vermont?

BY KEVIN J. KELLEY

Heavy fines slapped on truckers for violating town-road weight limits often amount to revenue-raising scams on the part of local officials, charges the owner of two Northeast Kingdom logging companies.

"Consumers ultimately have to pay the true cost of business, including the cost of operating trucks," says Ken Davis, a Hardwick-based entrepreneur who regularly acts as a jailhouse lawyer for haulers ticketed by town police in Vermont. Many of the fines impose unfair burdens on wood product companies struggling to stay solvent, Davis argues. He adds, "The best way to keep Vermont green is to have a healthy forest industry."

Davis recalls a series of five tickets handed out to truckers passing through Norwich during a two-day period two years ago. The assessed fines totaled $42,000 for those alleged weight violations, he says. But Norwich "didn't even have any truck-weight ordinances on their books to begin with," Davis notes. And when he challenged the fines, town officials sheepishly reduced the sum of the five fines to $705, he recounts.

"It was a total scam," Davis declares.

More recently, a Quebec trucker carrying building supplies to addresses in Shelburne was given a $5628 ticket after being stopped by a town cop on Falls Road. The truck driver, Denis Mathern of Transport MDM in St. Evariste, had made a U-turn off U.S. Route 7 after overshooting one of his destinations. The fine was reduced to $4500 at a December 29 appeals hearing, but Davis, who spoke then on behalf of MDM in District Court in Burlington, says he will probably ask the Vermont Supreme Court to overturn what he still regards as an unjust penalty.

According to Davis, Chittenden County Deputy Prosecutor Bram Kranichfeld contended in court that sizable fines are necessary in order for towns to cover the cost of damage that wayward truckers do to local roads. In response, Davis says he told the court that Vermont traffic laws are not enacted with the aim of padding town budgets.

Kranichfeld declined this week to comment on Davis' version of the court exchange. Kranichfeld referred *Seven Days* to his boss, State's Attorney T.J. Donovan, who did not return a phone message. The transcript of the court hearing will not be available for at least another week.

Emphasizing the alleged excessiveness of the $4500 fine, Davis points out that truckers can pay $5 for a one-time permit to use some of Shelburne's town roads.

MDM official Brenda Bernard adds that it's not unusual for her company's truckers to be heavily fined for alleged weight violations on Vermont roads. MDM drivers received about 10 such tickets in Vermont last year, while none were written for company truckers who regularly use roads in New York and New Hampshire, Bernard says.

But the seemingly disproportionate rate of ticketing in Vermont may simply mean that towns like Shelburne enforce their weight-limit laws more diligently than do localities in neighboring states.

PHOTO: MATTHEW THORSEN

We don't have quotas for handing out tickets, but we do have fairly strict enforcement of truck laws.

SHELBURNE TOWN MANAGER PAUL BOHNE

Davis does not deny that the MDM truck was in violation of weight restrictions on Falls Road. Mathern's load measured about 35,000 pounds, while the gross weight of his truck was close to 65,000 pounds. A posted sign specifies the "load limit" on the road as 24,000 pounds. But Mathern was fined on the basis of the truck's total weight rather than the weight of the materials it was carrying, Davis notes.

He acknowledges that truckers do sometimes deserve to be assessed stiff fines for their bad behavior. Davis cites a recent case in Newport where "a grossly overloaded" truck was traveling with no highway permit and was slammed with a ticket for some $8000.

Benny Perry, former city manager of Vergennes, says, "Trucks are not favored when they stray off main routes" in Vermont towns that lie on major commercial thoroughfares such as Route 7 and 22A. In Vergennes, Perry recalls, revenue raised from traffic tickets was "a good number in the budget." He says he doubts, however, that this potential source of revenue "drives the rate of ticketing."

Currently the director of Trial Court Operations for the Vermont Judiciary, Perry adds that trucks do pose "a real problem" when they exceed road weight limits. "They can do a lot of damage," he says.

Shelburne Town Manager Paul Bohne agrees that off-course and overweight trucks can wreck roads not built to handle heavy loads. "We don't have quotas for handing out tickets, but we do have fairly strict enforcement of truck laws," he says.

Referring to the MDM incident as well as to the ticketing of trucks in general, Bohne says, "To categorize any of these as a budgetary issue is incorrect."

He points out that Shelburne raised about $37,000 through traffic fines in fiscal 2008, compared to $56,000 in the previous year. In the context of an annual town budget of $8.3 million, neither of those are substantial sums, Bohne observes.

At the same time, Vermont is owed about $17 million in unpaid traffic fines — which does represent a substantial amount in the current state budget. Perry, who is involved in traffic court issues, says a private collection agency was recently retained to dun the delinquents. It has so far brought in "hundreds of thousands of dollars," he reports.

Perry suggests the state could also try to collect unpaid fines by refusing to renew deadbeats' driver's licenses. Only one problem with that, he concedes: "Lots of people in Vermont drive with suspended licenses." ⓥ

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FACINGFACTS

POODLE RESCUE
Is there a downside to Canadians flying out of Burlington? Only if you're the miniature poodle left in a van for three frigid weeks while his owner went on vacances.

KILLINGTON CASINO
From Iraq, State Auditor Tom Salmon sends another crazy revenue-generating idea: "a state-owned casino in a resort like Killington." Is he losing touch?

FEMALE INMATES
Corrections officials credit "treatment and social programs" for a 40 percent drop in the number of Vermont women behind bars. Let's remember that come budget-cutting time.

WIND-POWERED TOWERS
Towers that deliver cellphone reception, broadband access and wind power? Now the Vermont Telecommunications Authority is talking. Even the turbines are local!

DEAN DISSED
Still no detailed explanation for why the doctor is out of Obama's inner circle. On the plus side: His lean physique suggests rejection agrees with him.

ORGANIZED LABOR

Fletcher Allen's Technicians Launch Union Drive

BY KEN PICARD

A group of 400 technicians at Vermont's largest hospital has launched a union-organizing campaign comparable to the one the nursing staff experienced six years ago, a union spokesperson confirmed.

Representatives from the Vermont Federation of Nurses and Health Professionals and Fletcher Allen Health Care's hospital technicians — a diverse group who perform duties such as filling prescriptions, operating X-ray equipment, cleaning and sterilizing surgical tools and providing respiratory therapy — met with hospital administrators last week and asked them to sign a "code of conduct" agreement to remain neutral and not engage in antiunion activities.

Although neither side in the talks had much to say as of press time, one hospital tech who's worked at Fletcher Allen for more than eight years complained that she and her coworkers have long been reluctant to report their concerns about staffing levels and patient safety for fear of "intimidation and retaliation." This employee, who asked not to be identified, claimed that an internal opinion poll conducted in 2007 found that about one in four hospital employees shared that view.

Seven Days could not independently verify her claim. In fact, FAHC spokesman Mike Noble claimed that overall staff satisfaction is up compared with earlier surveys and higher than the national average.

If Fletcher Allen's techs do elect to form a union — in order to hold such an election, at least 30 percent of the staff must sign a card affirming their desire to bargain collectively — they would become the first hospital technicians in Vermont to unionize. Thus far, Fletcher Allen has not engaged in aggressive union-busting efforts or hired an outside consultant to help defeat the campaign. Union officials say hospital administrators have distributed literature to their employees.

"Basically, we're just looking for them to collaborate with us in educating these employees," said Karen Quill, vice president of the Vermont Federation of Nurses and Health Professionals. "We feel like we're the ones who can better inform people about [the pros and cons] of unionizing."

In 2002, a majority of Fletcher Allen's nearly 1200 nurses elected to join a union and signed their first contract in 2003. At the time, the nurses complained they couldn't provide patients the best quality care because there weren't enough of them on duty. Fletcher Allen has since increased its nursing staff to nearly 1700 without a comparable increase in its number of beds.

The union would represent a diverse group who perform duties such as filling prescriptions, operating X-ray equipment, cleaning and sterilizing surgical tools and providing respiratory therapy.

What are the ramifications of another unionized workforce at Fletcher Allen? Not surprisingly, the union contends that if the hospital techs unionize, wages and benefits are likely to improve not only in Burlington but at Vermont's 13 other community hospitals as well.

But a ripple effect may be unlikely. Spokespeople at Copley Hospital, Rutland Regional Medical Center and Southwestern Vermont Medical Center in Bennington say they're already competing for talent with larger markets, such as Boston and Albany, N.Y. They all agree that a variety of factors attract hospital techs to one hospital over another, including the overall work environment, the desirability of the area, the housing market, etc.

Typically, unions claim that patients fare better when their caregivers are organized. But assessing a union's impact on the overall quality of patient care is far more difficult to evaluate than wages, largely because the issue has not been thoroughly studied.

Jeanne Keller, a consultant with the Burlington health-care consulting firm of Keller and Fuller Inc., suggests that the closest correlation she's found between hospital staffing levels and the quality of patient care is determined by the age and experience of the average nurse. In short, hospitals with an older and more experienced nursing staff tend to have better patient outcomes than those with younger and less experienced nurses.

"Unions can have an impact on quality of care if they focus on things like giving power to the people on the frontline and having a top-down and bottom-up commitment to patient safety," Keller adds. For example, the union can improve patient outcomes if they can change basic workplace habits, such as allowing a nurse to tell a doctor to wash his or her hands before touching their patient.

However, Keller is skeptical of union efforts that put too much emphasis on staff-to-patient ratios. "If that's the focus of the union," she adds, "they're missing the boat."

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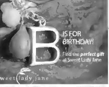

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TO: CAT II

The banks close in to touch over the moving liquid, gorges of snow marking where the water still fights.
No liquid depths now, just fluid green where the stream courses up over the ice. Flat shimmering green terraces of liquid steps where once ovate boulders directed the water's course. Closing up from the cold, natures way of keeping up with the calendar. Repressing the liquid of a river or the stream of memories isn't easy. Nature's time will open the stream, new life and the sun will resolve this frozen land. Will such a spring ever come to thaw what has come between us? Within you is the reality that the cold that holds you in its grip is not of my making. Poisoned seeds were planted by fate and others long before this moment. The quiet burble of under ice water is the only answer I get. Sleep well stream.

The best laid man.

stateofthearts

BOOKS

Brownell Library Hosts "The Big Read" Kickoff

BY MIKE IVES

AMY GOODMAN

PHOTO COURTESY MICHAEL AGEE

"Can a book be a weapon? And if so, should it be removed from society?"

That's a question **Kat Redniss**, a young-adult librarian at the Brownell Library in Essex Junction, will be asking adolescents this spring. Why? Because "The Big Read" is coming to the Brownell, and this year's featured title for the statewide, federally funded reading project is Ray Bradbury's *Fahrenheit 451*, a 1953 classic that addresses the subject of censorship.

The ambitious initiative — imagine your book group on steroids — promotes reading for "pleasure and enlightenment." It is underwritten in part by the National Endowment for the Arts and the federal Institute of Museum and Library Services.

The **Vermont Arts Council** first applied for "Read" funds last year, when the featured title was Dashiell Hammett's 1930 detective novel *The Maltese Falcon*. Funds for this year's project have been doled out to about 300 communities nationwide, notes **Diane Scolaro**, communications and development director for the arts council. Vermont's grant is the only one administered on a statewide scale.

Scolaro notes that the VAC is enhancing its "Big Read" project with a few local touches. Last year's participants will recall that the council asked Montpelier's **Lost Nation Theater** to stage dramatic *Falcon* readings, and recruited local mystery authors such as Newfane's **Archer Mayor** to talk about the craft. This year, Scolaro explains, the council is planning a kickoff event that explores the theme of "social commentary."

Aptly, alt-media queen and "Democracy Now" radio host **Amy Goodman** was chosen to deliver the keynote "Big Read" address this Saturday at the Essex High School Auditorium. Then Middlebury filmmaker **Deb Ellis** will preview a film about artsy local activists. **Peter Schumann** of **Bread and Puppet Theater** and **Drew Cameron**, an antiwar artist from Burlington's **Green Door Studio**, will also perform.

Later, librarians and teachers across the state will stage their own *Fahrenheit*-inspired events. At the Brownell Library, for example, Redniss is thinking of putting on a "Read and Recite Night" to which guests bring a book — or a passage — they'd want to preserve in the face of censorship.

"I'm a librarian," she states. "I think we should have as many books as possible."

Scolaro says this year's project seems to have "struck a nerve" with Green Mountain bibliophiles; the arts council's biggest challenge has been getting enough books to meet the demand. As of last week, Scolaro had received requests for 750 copies of *Fahrenheit 451* from more than 60 institutions around the state. In 2008, by comparison, she gave away fewer than 500 copies of *The Maltese Falcon* to 31 libraries and six high schools.

"Maybe the election of author Barack Obama has already made reading cool?"

> **This year's project seems to have "struck a nerve" with Green Mountain bibliophiles; the arts council's biggest challenge has been getting enough books to meet the demand.**

Vermont kicks off "The Big Read" on Saturday, January 24, at Essex High School Auditorium at 2 p.m. Free and open to the public. Info, 878-6955, 828-3292 or tharty@vermontartscouncil.org

BOOKS

New Lit Journal Draws Authors from Afar

BY MARGOT HARRISON

New literary magazines sprout in college towns like mushrooms. But **Burlington College**'s *Queen City Review*, whose inaugural issue appeared in December, is more than a forum for students and the folks who put it out. (The founding editor is **Heidi Berkowitz**, who teaches in the college's Interdisciplinary Studies program and coordinates its writing center. Dartmouth lecturer **Kevin McCarthy** oversees the poetry.) Though students, faculty and local writers — such as poetry slam champ **Geof Hewitt** — are well represented in its pages, the *QCR* also offers art and lit from across the country. There are love poems by Matthew Dickman, an Oregonian whose work has appeared in *The New Yorker*. Black-and-white drawings by Dallas artist Michael Sarne, who used to live and exhib

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ART

Orton's Community-Arts Project in Starksboro Picks an Artist

BY KEVIN J. KELLEY

Art making and town planning may seem to have nothing in common. One is generally a solitary activity, while the other often involves at least a segment of a community. But a unique project unfolding in Starksboro aims to broaden both processes and to integrate them into an experiment in public creativity and participatory decision making.

North Bennington artist **Matthew Perry** was recently chosen to lead the effort cosponsored by the **Orton Family Foundation** and the **Vermont Land Trust**. Perry was awarded a $21,000 grant to design an artistic undertaking that will enable Starksboro residents to give expression to their town's identity and develop a vision for its future.

The so-called Art & Soul Civic Engagement project reflects "a belief in direct democracy," says Orton spokesman **John Barstow**. From its offices in Middlebury and Denver, the foundation "works to involve more people in town planning, and we see art as one way to engage people who don't go to town meetings," Barstow says.

Perry was selected from 18 Vermont artist applicants "because of his strengths in reaching out to those who don't necessarily gravitate to art," explains **Betsy Rosenbluth**, Orton's Northeast project director. To win the grant, she says, an artist had to demonstrate to a committee of Starksboro residents "the flexibility to be in a public process and also to be fired up about that."

As cofounder of the 14-year-old **Vermont Arts Exchange**, Perry strives to fulfill its stated mission of "strengthening communities and neighborhoods through the arts." He notes that he has worked on a variety of visual and performance pieces with "people of all ages and incomes."

That experience should help Perry connect with what Starksboro Select Board member **Susan Jefferies** describes as "an economically diverse population." Even as it attracts subdivision dwellers who commute to Burlington, Middlebury and Montpelier, Starksboro is struggling to preserve its agricultural legacy. It also has "one of the highest concentrations of trailer parks in the state," Jefferies points out.

In shaping his still nebulous arts initiative, Perry says he intends to build on a host of interviews that Middlebury College students conducted with townspeople last autumn in an initial phase of the Art & Soul project. "I want to go even deeper," Perry says, noting that he has already talked with a wide range of locals as part of an envisioned process of "running a thread through the community that will pull its fabric together."

A finished product is supposed to be premiered sometime next fall, but Perry may stage a "fallapalooza" as early as this spring. Noting that Starksboro counts 20 sugar makers among its 1800 residents, he says he's considering organizing a series of outdoor events related to maple syrup — such as an exhibit of antique waffle irons, a sap bucket decorating party and a kids' pancake-making festival. Perry may also ask townsfolk to help compile a recipe book that would include family stories and reminiscences, making it "not just a cookbook but a kind of community journal." ⑦

> **We see art as one way to engage people who don't go to town meetings.**
>
> JOHN BARSTOW, ORTON FAMILY FOUNDATION

VIGNETTES

If you're jonesing for more glimpses of the stylish First Family after Inauguration coverage ends, fear not — they'll hit **Higher Ground** this Saturday. Sort of. Burlington's **Flashbags** is one of three local designers showing off their wares at the third annual ONE Fashion Event, a fundraiser for the Boys & Girls Club of Burlington. **Sara Wool**, the club's director of development and communications, says Flashbags, whose Obama tote was red-hot during the election frenzy, is planning a "First Family" walk based on their Obama line. "They'll be dressing four models in all of their Obama gear, carrying their Obama bags."

Also strutting the runway: the creations of **Samantha Talbot-Kelly**, an artist who makes colorful skirts, gauntlets and headdresses from recycled newspapers, and **Mary Beth Kamarowski** of Huntington, whose "Green Mountain Girl" collection puts snapshots on wearables. The fashion-as-recycling principle also motivated 13 club members, aged 10 to 13, who've been working for about four months on their own runway outfits crafted from donated clothing using sewing machines, hand stitching, stencils and spray painting, says Wool. Though this year's designs are top secret, she recalls one past invention: "They took recycled bike parts [donated by the **Old Spokes Home**] and did stencils on the clothing."

Tickets for the ONE Fashion Event are $25 in advance or $30 on January 24, when the doors of the Higher Ground Ballroom open for cocktails at 7 p.m. More info, 864-5283.

MARGOT HARRISON

Maven, the skate- and snowboard shop in downtown Burlington, is getting its back wall freshly painted this week. But not with any old color — more likely lots of vivid ones, courtesy of art-hunt-styled painter **Mikey Welsh**. In the last few years, the former rocker (Weezer) has not just adopted Vermont as his home; he's fallen under the spell of the Green Mountains and taken up snowboarding. Welsh has contributed artwork to a line of Burton boards, and earlier this month he did a live painting event for MTV at Mt. Snow's Winter Dew Tour. Talk about embracing the cold.

This Friday, January 23, from 7 to 9 p.m., the public is invited to Maven's Cherry Street digs to see what Welsh has put up against the wall. One sales associate assures the mural will remain up "for at least a couple of years."

There's nothing like generous donors to the arts. Especially ones who give "challenge" grants that urge the rest of us to get our gives on. One such benefactor — who chooses to remain anonymous — promised a match of up to $75,000 to **River Arts**' capital campaign last February, and gave the Morrisville nonprofit one year to raise the rest. Well, people, that time is drawing near. As of this Monday, the organization has accrued $72 grand and change — tantalizingly close to its goal. If you want to see your money double, send it by February 5 to River Arts, POB 925, Morrisville, VT 05661. For more info, visit www.riverartsvt.org.

PAMELA POLSTON

at in Burlington, evoke the suffering caused by Hurricane Katrina.

The local stuff is well chosen, too. **Anna Blackmer**, Burlington College's Chair of Arts and Humanities, contributed a poem called "A Middle-Aged Woman Reaches into Her New Purse" that has some killer lines: "... I repeat the same ten actions every morning / and go to work like an armored car on fire inside / No one seems to notice."

Two prose works have user-friendly vignette structures, with bite-sized pieces ushering the browser into a longer narrative. BC student **Aaron Hitton**'s story "Smoky Vignettes" is a mini cultural history of smokers, both famous and obscure. And **Alice Ecktos**, who teaches printmaking at the college, tells her life story through a series of ill-fated vehicles in the dryly funny essay "The Cars She Drives." It ends with a classified ad of sorts offering a deal on her current Kia Sportage.

While the car may no longer be on sale, the magazine is — $8 from Burlington College, or call Berkowitz at 862-9616 to request a mailed copy. She accepts submissions until April 20 at queencityreview@burlington.edu. ⑦

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For more info and how to get a free copy of "Fahrenheit 451" go to
www.vermontartscouncil.org

news quirks

BY ROLAND SWEET

ODD, STRANGE, CURIOUS AND WEIRD BUT TRUE NEWS ITEMS FROM EVERY CORNER OF THE GLOBE

Curses, Foiled Again When Jeffrey P. Cannon, 20, arrived at Washington's Dulles International Airport from Ireland, customs officers detained him because a check of the passenger list turned up an outstanding DUI warrant. Officers searched his luggage and found "a large amount of tea bags," Border Patrol official Steve Sapp told the *Washington Post*. The bags' bulky shapes aroused suspicion, and officers found they contained 3.2 grams of hashish and 2.3 grams of marijuana. "If you know you're coming into the U.S. with bad stuff," Sapp said, "be prepared to be greeted rudely by U.S. Customs and Border Protection."

• An Australian man wanted in connection with two home invasions in Sydney tried to evade police by hiding in the attic of his own home. While officers were searching the house, however, the 31-year-old suspect fell through the ceiling into the family room, where police arrested him.

It's Always Something The world's largest passenger jet, the Airbus A380, is so quiet that pilots complain they can't sleep during rest breaks on long-haul flights because sounds caused by passengers, such as crying babies, flushing vacuum toilets and call bells, constantly disturb them. "On our other aircraft the engines drown out the cabin noise," said Ed Davidson, a senior vice president with Emirates Airlines. Pilots using the crew rest area in the rear of the aircraft have tried sleeping with earplugs, "but the cabin noise goes straight through them," Davidson noted, adding that one solution might be installing lightweight generators to create ambient noise.

Fiery Irony After a fire gutted an animal shelter in Oshawa, Ontario, killing nearly 100 cats, investigators blamed the blaze on mice. Shelter manager Ruby Richards said the mice chewed through electrical wires in the attic.

• An Australian woman who donated money to buy her local fire department a new truck lost her rural home to a blaze that thwarted it and five other fire engines. Alan Fraser of the Wartburg Fire Brigade said heat from the fire kept firefighters from the only available water, forcing crews to wait for a tanker to arrive. By then, however, the multimillion-dollar home belonging to Annemarie Geckeler, 79, had burned to the ground.

Making His Point Eugene Michael Falle, 35, admitted stabbing intruder Shane Chalifoux, 18, but claimed self-defense because he feared Chalifoux, a gang member who had tried to kill him before, had returned to "do my ass in." He said he stabbed Chalifoux 39 times because he wouldn't die. "So I keep stabbin' him and stabbin' and stabbin' him and stabbin' him and stabbin' him, trying to slash his throat to get a jugular vein," Falle told police in Edmonton, Alberta. "He wouldn't bleed properly the way he should've bled, according to the movies." *The Edmonton Journal* reported that after finally killing Chalifoux, Falle leaned out the window to ask his neighbor to order him a pizza. Despite the prosecution's argument that 39 stab wounds exceed the bounds of self-defense, a jury acquitted Falle.

Slightest Provocations Two men beat Army Sgt. 1st Class Richard Lopez, 37, to death at a sports bar in Steamboat Springs, Colo., because they objected to his choice of music. Witnesses told *The Denver Post* the victim's jukebox selection was Jimmy Buffett's "Margaritaville." Police Capt. Joel Rae said Lopez was obviously enjoying the song when the two men disparaged it and a fight ensued.

Suspicious Habit Police identified Randy Lee Shoopman Jr., 33, as their suspect in a string of burglaries across eastern Oklahoma by using DNA obtained from tobacco spit. Stilwell police detective Chad Smith said he noticed a tobacco stain on papers in a ransacked office that had been burglarized. "None of the ladies that worked there chewed tobacco," Smith said. "You could tell that the stains were from the suspect." It and spit found at five other burglary sites all matched the sample police obtained from Shoopman.

Dead Heat A town in Sweden plans to conserve energy by using heat from the local crematorium. "After all this talk about the environment, we realized we should take advantage of the heat created during cremation," Halmstad cemetery administrator Lennart Andersson told the newspaper *Aftonbladet*. He said the city hopes to have its new energy source operating by 2010, adding, "To start with, we're planning on heating our own facilities, but hopefully we can connect to the district heating network in the future."

• The Spanish town of Santa Coloma de Gramenet has transformed its cemetery into a source of renewable energy by placing 462 solar panels atop mausoleums. The graveyard was chosen because there were no other suitable sites in the small but densely populated suburb of Barcelona. Community leaders hope eventually to erect enough panels to triple electrical output. "The best tribute we can pay to our ancestors, whatever your religion may be, is to generate clean energy for new generations," said Esteve Serret, director of a company called Conste-Live Energy that runs the Santa Coloma cemetery and also is involved in renewable energy.

Self-interests After receiving an anonymous call of a stabbing, police in San Clemente, Calif., found a trail of blood that led them to a 19-year-old man who was bleeding from his hands and arms. He told investigators a former friend had stabbed him. Police Lt. Ted Boyne told the *Orange County Register* that officers later determined the man used a shard of glass to cut himself, hoping to get the ex-friend in trouble.

• Kelley Leasy, 29, accused her estranged husband of punching her in the face, but after police in Ocala, Fla., handcuffed the man, Leasy admitted she caused the injuries, trying to get him in trouble, by hitting herself in the face with a frying pan.

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BY CECIL ADAMS

ALL WORTHWHILE HUMAN KNOWLEDGE

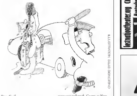

ILLUSTRATION: SLUG SIGNORINO

Dear Cecil,

In The Bad Girl's Guide to the Open Road, Cameron Tuttle suggests the following technique for getting out of a DUI: If you get pulled over, immediately step out of the car with a bottle of your favorite liquor and chug a couple shots worth. The officer now has no way of proving you were drinking before you got out of the car. Interesting thought, but is this actually true? Perhaps the most the officer could do would be to cite you for public intoxication/open container in public?

Hazle Weatherfield,
via the Straight Dope Message Board

Yes, Hazle, that's an interesting thought. But can you imagine this ridiculous gambit actually working here in reality land? I didn't think so. Tuttle in effect concedes as much, prefacing her advice with the comment, "If you've been drinking and have an open bottle of hard liquor in your car, you're already in deep shit. So what do you really have to lose?"

Let's back up a bit. Prior to Breathalyzer-type technology, which measures blood alcohol concentration (BAC), drunk driving was a tough charge to make stick — prosecutors needed witnesses to testify about the defendant's slurred speech, unstable gait, and so on. Things got only slightly easier after BAC testing devices became available in the 1930s. Although a high BAC was telling evidence, you still needed corroborating testimony about drunken behavior, plus you had to have an expert witness explain what BAC meant. Eventually states wised up and passed "per se" laws, which defined drunk driving quite simply: operating a vehicle with a certain minimum BAC. Today it's .08 percent.

Depending on how the law is written, this approach can still present problems for prosecutors. BAC, of course, is measured only after the driver has been pulled over, enabling some to claim their BAC increased after they stopped driving. There's something to that argument, as BAC typically peaks 30 to 90 minutes after your last drink.

Some states get around this by defining drunk driving as (a) operating a vehicle and (b) having a BAC over the limit within a given time afterward. In these jurisdictions it's legally irrelevant whether the offending BAC was achieved after you stopped driving. Certain states, however, do permit the defendant to prove post-operation consumption was responsible for the offending BAC.

So maybe you could weasel your way out of an incriminating Breathalyzer test. That doesn't mean Tuttle's stratagem will work. Courts in New Jersey, evidently a hotbed for this sort of thing, have dubbed her approach the "glove box defense," after the presumed location of the drivers' emergency liquor stash. In one classic early case, *State v. Lenitis* (1993), police pulled the defendant over for speeding. He seemed drunk when questioned, had an open beer can on his dashboard, and blew BACs of .13 and .14. He was convicted of drunk driving but appealed the verdict, claiming he'd quickly downed the beer after being pulled over to avoid being charged with an open-container violation. Because he'd consumed alcohol after he'd stopped driving, he argued, the Breathalyzer test was invalid.

Nuh-uh, said the appeals court. Its implicit rationale: You're operating a motor vehicle whenever you're in control of it, not just when you've got it in motion. (In fact, people have been convicted of drunk driving for sleeping it off in a parked car.) That you claimed to have been stopped when you drank the beer makes no difference; you were still operating the vehicle.

You see what this means. If you're in a jurisdiction that accepts a broad definition of operating a vehicle, chugging a bottle in front of a cop won't help you, even if you're physically outside the car. A court could easily conclude that technically you were still in control.

Despite its futility, the glove box defense apparently remains popular among New Jersey drunk drivers and their lawyers. In one 1999 incident a guy had three beers at a tavern, then hit a car in the parking lot; he was subsequently convicted of DUI despite claiming that his BAC results were misleadingly high because, following the collision, he "drank whiskey from a VO bottle that he kept in his car."

More recently, the judge in a similar case noted, "To dismiss defendant's charges based upon this finding would lead to the absurd result that anyone wishing to avoid a DWI conviction would merely have to drink alcohol after operation." The glove box defense has been written up in practice guides for New Jersey lawyers as an example of a stunt not to try.

OK, you say, I won't try it in Jersey. That still leaves 49 other states, the District of Columbia, and numerous territories and minor outlying islands. True, but bear in mind that state courts freely borrow legal precedents from one another. (Minnesota and Indiana, the other two main sources of case law on this point, are largely in line with New Jersey.) But who knows? Maybe they do things differently in Guam. Give it a whirl and let us know.

CECIL ADAMS

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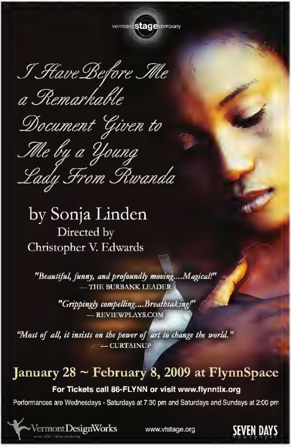

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HOW VERMONTERS ARE SURVIVING THE RECESSION

BY MEGHAN DEWALD

On the Spa Beat

Let's face it. It's possible to spend *beaucoup* bucks on beauty products. Still, regular self care is key to keeping stress levels low under duress — and belt-tightening times don't have to signal an end to periodic pampering. Long before the advent of mass-produced soaps, creams and gels — even before sooty oil lamps produced kohl to ink Cleopatra's peepers — people were making their own materials to smell and feel pretty.

Think of DIY face care as a recessional opportunity. Visits to a spa or beautician are nice, but there's no need to wait till you've got the dough to splurge on a formal facial. Homemade, once-weekly exfoliations can enhance your purchasing power — and personal empowerment.

Read the labels on high-end beauty balms and you'll find that many effective off-the-shelf exfoliating masks use food-grade components. If you mix up your own treatments on the spot, you'll get a bonus: bypassing the preservatives that keep many commercial face goos shelf-stable. So take the time to do something nice for yourself and take a look in your cupboard or fridge. Despite the economic pinch, stuff you have already lying around your kitchen could help you look and feel like a million bucks.

Egg on your face? Not always a bad thing.

HOW TO DO A HOME FACIAL:

Research and create the concoction of your choice. Tie back your hair and cover your chest with a towel to minimize mess. Put a nice, hot washcloth over your face first to open the pores, and apply the mask at room temperature. Facemasks should stay on for 15 to 30 minutes; many a warm washcloth aids removal. Splash your skin with ice-cold water "toner" to close the pores, and you're good to go. Add a light moisturizer if you like.

SAMPLE MASKS:

Oatmeal. Take two tablespoons cooked oats and put them on your face. Simple and heart healthy, no? Some recipes add a teaspoon of baking soda, but I went without. Make sure the oatmeal has some liquid for easy application. If the lumps are distracting or make the mask dry unevenly, blend the bits first with a mortar and pestle — or just use an immersion blender on the whole pot, before you have your breakfast. Leaves you feeling clean and wholesome. (Guys, you may think this "spa" stuff is for girls, but chances are your mug could use a scrub, too — and there's nothing unmanly about this treatment, especially when temporary side effects include looking like a flaky-faced zombie. Score!)

Honey. Warm two tablespoons of honey on the stove, just to body temperature. (Your jarful may have crystallized in the cold.) Honey is naturally antibacterial, and this mask is particularly moisturizing.

Egg white. Egg on your face? Not always a bad thing. Separate an egg yolk from the white and save the yolk for an omelette. Beat the white with the strained juice of half a lemon. A friend avers this made her face feel smooth and soft, and I liked it, too.

Banana. Mash a quarter of a banana and apply. After one go, I can't verify that it rids oily skin and remedies wrinkles, but the accessible fruit does make my skin feel nice.

Here are some other treatments that may require a trip to the store for ingredients but, by volume, they're still far more frugal than most over-the-counter counterparts.

NO-FRILLS MOISTURIZER.

For a lightweight hydrating lotion, add one part vegetable glycerin to three parts rosewater. Straight cocoa butter offers heavy-duty protection against wind and cold.

WHOLE-BODY SUGAR SCRUB:

Mix two cups brown sugar with a half-cup sweet almond oil, 1 teaspoon vitamin E (the contents of two liquid gel caps) and a half teaspoon vanilla extract. In a hot shower, turn off the water and exfoliate away! You'll smell delightfully like a sugar cookie — or, if you prefer florals, swap out the vanilla for lavender oil (or any essential oil).

FOOT CARE.

Whether or not you ski, winter weather can do a number on your trotters. To recoup after a cold day, soak them in a large bucket or pan of warm water containing half a cup of Epsom salts. Sprinkle in a few drops of essential oil — this time of year, I like cinnamon or ginger, which both enhance circulation. In summer, substitute cold water and peppermint oil.

The Internet abounds in recipes for homemade facials and other skin care supplies. They range from the obvious to the unexpected. About.com notes a clay-based formula calling for — I kid you not — cat litter. (Apparently, the stuff marked "100 Percent Natural Clay" is formed from the same soft white kaolin found in $100 spa facials. Mix a few tablespoons of *clean* litter with a bit of water and a few drops of essential oil, if you're feeling adventurous.)

Whether you use Google or browse eHow.com for a directory, you should know whose advice you're taking, and note that some sites categorize masks by skin type. Word to the wise: I've tried these versions myself at four-day intervals, and they were easy to make and easy on my skin. If you want to head into unknown territory, test part one of a new facial on your inner arm for 15 minutes to check for any sensitivity. For example, the enzymes in a straight papaya mixture could be too harsh for delicate derms.

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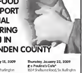

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HEALTH & FITNESS

So Long, Aspartame

A Diet Cokehead ditches the drink

BY ELISABETH CREAN

IMAGE EMILY C-D

My name is Lisa and I'm an addict. A Diet Coke addict. I've been clean for four months now, after being hooked on the stuff since its 1982 debut. And before that, I drank its diet soda ancestor, Tab. I didn't have a 12-can-a-day habit, or quaff it to the exclusion of water, as some Diet Coke devotees profess to do. But I drank it every day for decades, until September 15, 2008, when I put the last three bottles I had on my trainer's desk at the gym with this note: *I quit. Here are the rest of my drugs. Distribute or toss them as you see fit.*

My addiction wasn't exactly a dirty secret, and I had plenty of prominent company. A laundry list of celebs — famous and infamous — have publicly owned up to a serious habit: Bill Clinton and John Edwards, Donald Trump and Bernie Madoff, Harvey Weinstein and Victoria Beckham. Musicians specify bucketloads of Diet Coke supplies in their contract riders, although my fellow addict from the '80s, Elton John (who starred in Diet Coke ads), recently switched to water, according to his blog.

Although I also drank plenty of water, I usually chugged through a couple of two-liter bottles of Diet Coke per week. I never left the house without a small bottle (or two) in the car for an energy jolt as I went about my day. Except in the dead of winter, when the car temperature kept the soda perfectly chilled, a cooler always rested on the seat next to me. I balked at paying the extortionate gas-station price for a [illegible] — I mean, drink.

Going into a meeting? I was more likely to bring a Diet Coke with me than a water bottle. An interview for a story? The caffeine promised to keep me on my toes. Out on a late theater assignment? Downing one perked me up for the long drive home. I was used to a certain level of caffeine in my bloodstream, and as long as I didn't drink too much late at night, it never interfered with sleep.

Most days, however, I work at home. And a tall glass, brimming with ice, served as my companion as I clacked away at the keyboard. A beverage helped clear my mental palate. The need to refill an empty glass got me out of the chair to stretch and glance at the gorgeous view outside my window in Grand Isle. Dare I say that Diet Coke was my constant companion? My friend? Even a friend I knew was really bad for me. Like the one at school who enticed you into doing [illegible] smoking in the girls' room, letting her cheat off your test, shoplifting a skirt you'd feel too guilty to ever wear. But hanging out with her was fun. I'd break off the friendship later. Maybe.

For decades, competing scientists have loudly debated Diet Coke's artificial sweetener, aspartame (NutraSweet). *Toxic. Safe! Poisonous! Harmless!* I was ever more afraid of its dangers. Aspartame has a short shelf life (note that diet soda always carries an expiration date) and is chemically unstable at temperatures equivalent to a hot summer day. Its opponents insist that digestion breaks down NutraSweet into a scary list of components, many of which are carcinogens, including formaldehyde. The story of NutraSweet's FDA approval in the early '80s seemed to me a triumph of Reagan deregulation. Corporate profits took precedence over consumer safety. Saccharine risks were exaggerated to promote aspartame's cause.

I avoided ingesting NutraSweet from any other source, carefully checked dates on bottles, and never left soda in a hot car. But I rationalized away my consumption of Diet Coke: It was my only vice. I don't smoke or do drugs. I drink alcohol just a few times a year. My diet is free of junk food and red meat, and full of lean proteins, veggies and whole grains.

In fact, over the last five years I've lost 71 pounds — a huge chunk of the illness-related weight gain I'd been lugging around since my late twenties. The process has required tremendous focus and discipline. I work out religiously, and haven't eaten anything remotely resembling an Oreo in years.

But the weight loss stalled about 18 months ago, 20-odd pounds short of the finish line. I ramped up the fitness routine and continued to lose inches, but no further ounce of weight. The needle on my frustration meter rose rapidly when the scale got stuck.

In the desperate search for a solution, I wondered about the effects of the aspartame on my body chemistry. Some studies suggest artificial sweeteners stimulate appetite, especially for sugar, and thus hinder weight loss. Could getting off Diet Coke break the maddening plateau? I was willing to try just about anything.

I thought drinking diet soda was helping me feel full. I had originally turned to Tab as a teen, recovering from a bout with anorexia but still zealously counting calories. The thought of wasting any of the day's precious allotment on crappy soda was out of the question back then, even though the saccharine-sweetened Tab tasted pretty vile.

> I never left the house without a small bottle (or two) in the car for an energy jolt as I went about my day

For much of 2008 I toyed with, and resisted, the idea of quitting. I enjoyed my habit, and resented feeling that I had to give it up. Others had been urging me to do so for a long time, which set off my oppositional instincts.

My mother had always thought excessive soda consumption was bad for me. But who listens to Mom (cue whining tone of voice), even if she's usually right about, well, everything? My neurologist didn't like how much I drank, either, worrying that it could be contributing to migraines. So what if he'd been right about [illegible] trigger.

The tipping point came in a post about artificial sweeteners on a blog I frequent. I casually mentioned my Diet Coke problem, and my friends — none of whom has ever met me or even knows my real name — begged me to quit. They shared scary personal experiences, such as weight gain, sugar cravings and even seizures, that they felt were linked to Diet Coke and deluged me with helpful suggestions, tips and links. I was moved by these genuine concerns for my health. If these strangers from Ireland and Kansas cared so much, then maybe I'd better just do it.

So I did. And quitting was harder than I expected. I was surprised at the [illegible] with which I [illegible] a Diet Coke while I was prepping dinner or when I woke up from a catnap. Just seeing others opening cans during a theater intermission actually made me salivate. At a wedding, six days into my soda sobriety, the nonalcoholic beverages chilled together in a giant trough. I dreaded having to plunge my arm past bobbing red cans to get a water bottle and felt shaky doing it every time.

Since I wasn't decaffeinating altogether I didn't expect to suffer physiological withdrawal. A cup of coffee in the morning and an occasional cup of green tea during the day have replaced the missing [illegible] of caffeine. So it was an unpleasant surprise to experience physical effects from NutraSweet detox.

Days Three and Four were the nastiest. They came with a headache strong enough to [illegible], and waves of nausea, [illegible] and profound fatigue. The worse I felt, the more intensely I craved Diet Coke. But I realized that if getting it out of my system felt that bad, I really must have been poisoning myself. My resolve to stay clean strengthened.

That resolve slides at times, but I haven't fallen off the wagon. Visual cues now trigger most cravings, such as seeing a [illegible] glass of the stuff [illegible] to someone else [illegible] on a TV show. The sharp ice. The caramel-chocolate color of the bubbly liquid. The glistening beads of condensation. My mouth waters at the sight.

I've upped my consumption of seltzer, so the sting of frosty carbonation remains part of my day. Handy cans go [illegible] with me on the road. Lime-flavored seltzer has a nice edge, although it lacks the bite (and caffeine) of Diet Coke's chemical brew. My energy level doesn't seem as dependent on that constant caffeine infusion, however. I rarely find myself reaching for a second cup of coffee during the day, whereas I used to need Diet Coke constantly.

The one huge disappointment: The scale hasn't budged. So far, purging my system of Diet Coke's [illegible] hasn't helped with weight loss at all. Going soda-free has left me a bit healthier and happier, however, and more in control. I feel a new kinship with those who also drink seltzer or juice at a bar. Although we're tempted by different liquid refreshment, we all know it takes work to resist. [illegible] strong. ©

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HEALTH & FITNESS

Baby Steps

Green Mountain parents find new ways to keep families fit

STORY
SARAH TUFF

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ANDY DUBACK

Fit Family: The Infant, Toddler and Preschool Years by Heidi Hill, Vitesse Press, 176 pages, $17.95

CHRISTINA SICARD, KRISTEN CARPENTER AND LINDSEY BURNETT

One of the biggest milestones in my new son's life wasn't when he smiled for the first time (five weeks), when he rolled over for the first time (three months) or when he began to sit up (five months). It was when he turned eight weeks — which meant I could take him along with his older sister to my gym's nursery.

Not that the nursery is a perfect solution. There I routinely see teary-eyed toddlers and wailing babies clinging to their parents, ignoring the entreaties of the warm and well-qualified staff. Mom or Dad or both, desperate for an hour — or 45 minutes or 30 minutes or 15 damned minutes — of exercise, plead and cajole until they finally admit defeat and turn their backs on the kids. Luckily, my own offspring have become accustomed to and even love the gym nursery. But they still have their moments, as do I, when a morning workout feels more like World War III.

It doesn't have to be that way. Nor do I need to stay stranded at home packing on the calories from leftover mac-n-cheese with no way to work them off. As Waterbury's Heidi Hill writes in her new book *Fit Family: The Infant, Toddler and Preschool Years*, families can learn to exercise with their kids, almost as soon as they arrive in this world.

"Too often I hear of parents who used to exercise but no longer can find the time for it with young kids, or maybe when they try, it doesn't go well, and they think it is not going to work for their family," writes Hill in her first chapter. "But, as you will hear time and again from parents quoted in this book, with some planning and the right attitude, you can stay fit while introducing your children to healthy habits and the fun of exercise. That's certainly been my experience."

And Hill's experience qualifies her to dispense advice on maintaining a fit family. She grew up in New Hampshire's Mount Washington Valley, where she cross-country skied and hiked, and continued to recreate in the area after relocating to Portsmouth. In 1998, Hill moved to Morrisville — "I was then 27 years old and single and figured I needed a recreational mecca a little further from my parents," she says in an interview. It was in Morrisville that she met her husband-to-be, Tom, who just happened to be a top cyclist and cross-country ski racer. After marrying in 2002, the pair settled in Waterbury Village for easy access to the mountains.

"My husband and I have always made exercise a *priority*," Hill writes. "Exercise defines us just as our work does, and now as being parents does. Before we had kids we often wondered how a life with children might affect our ability to exercise."

After said kids — now 2 and 4 — arrived, Hill realized that her learning experiences could translate into a tome for other exercise junkies and outdoor enthusiasts with young children. She had been editing the Vitesse Press book *Fit and Pregnant* around the same time she was figuring out how to raise an exercise-oriented family, so the new project was an, ahem, nice fit.

"It took me two years to write *Fit Family* while I stayed home with my kids," says Hill, who started the book with a newborn and a 2-year-old. She sneaked in writing sessions during naps, late at night and occasionally on weekends — that is, when she and Tom weren't outside "researching" the book.

Hill realized that her learning experiences could translate into a tome for other exercise junkies and outdoor enthusiasts with young children.

Throughout *Fit Family*, Hill and the parents she interviews extol the virtues of classic Vermont forms of exercise: hiking, running, biking, cross-country skiing, swimming and paddling. Creative dance and family yoga get a chapter, while sections on nutrition, strength training and stretching offer suggestions on how to make kids well rounded rather than just, well, rounded.

Hill also addresses one of the major obstacles facing families who want to get outdoors with kids. Not just the arctic temperatures that kept folks indoors last week, but the mountains of gear it takes to keep everyone warm, dry and happy while pulling them around in a pulk on cross-country skis or toting them toward a summit in a backpack. Hill says her own basement holds a bike trailer, adult bikes, a ski pulk, a couple of packs, and heaps of summer toys and tools so imposing that the girls use them as a bicycle "obstacle course" between outdoor seasons. "Come spring, we'll be looking to get rid of some stuff that we're phasing out of, such as our double jogger and backpacks."

To lower equipment expenses, Hill suggests swapping gear with fellow active families or posting an ad online. "The retail prices on items from a kid's bike to a jogging stroller are outrageous," she admits. "We never pay top dollar, but I do encourage new parents to ask for exercise equipment for a gift." As for kids' classes — also pricey — Hill advises choosing one or two things for the year rather than trying to cram in too many play sessions per week.

In *Fit Family*, Hill also emphasizes the importance of adults getting out there and exercising *sans famille*. She and Tom manage to ski four to six days a week in the winter, she tells *Seven Days*. "We've learned to be efficient with our own exercise time and we constantly communicate our wants and needs around fitness so that we can fit it in," she says. "If anything, we're likely to forgo other things, like social events."

Hill's tips are addressed to parents everywhere. For local folks trying to keep active with a new arrival, though, last fall brought a welcome bit of news: In September, Lindsey Burnett of Richmond got herself certified and opened Vermont's first Stroller Strides franchise. Anyone who's been to the University Mall in South Burlington early on a Monday, Wednesday or Friday morning has probably noticed the class, in which stroller-pushing moms get an hour-long workout through power walking, resistance bands and body-toning "stations" where they do lunges and other exercises.

"All of the moms who are doing their morning walk love seeing the kids," says Burnett, who has a toddler and is expecting her second child in June. Though the program is aimed at moms, kids pick up the points, too. "My daughter pulls out my [resistance bands] when we're at home, stands up there and then lifts her arms," says Burnett. "She also practices side shuffles and tries to lunge."

In the warmer months, Burnett hopes to move the Stroller Strides class to the Williston Bike Path. For now, the U Mall offers the convenient option of shopping after the workout — and, says Burnett, "My participants have noticed that they are able to buy smaller clothes."

Alas, Stroller Strides won't work for me right now — I still don't have the double stroller necessary to hold both my tots. (Unless you count the roomy shopping carts at Lowe's, where my kids and I head when we're suffering from cabin fever.) But, thanks to Hill's book, I have some handy new tips on what to look for in gear, as well as how to bundle the babes up safely and how to give kids stepping stones toward sports, such as breath control for swimming and trail-end rambles for hiking. Compared with wrestling the young 'uns into the gym every day, those outdoor options are a breath of fresh air.

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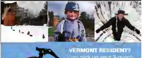

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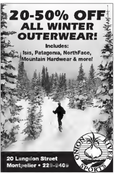

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Vermont's terrain draws tons of triathletes

STORY
AIMEE PICCHI

IMAGE
MATTHEW THORSEN

Adam Osekoski was living in a Boston suburb when he and his wife, Stephanie, decided to take a weekend trip to Vermont for a triathlon pilgrimage. He'd been reading about a Waitsfield bicycle-fitting shop called Fit Werx that caters to cyclists and people such as Osekoski himself: an amateur triathlete who has competed in four Ironman competitions.

"We got a room at a B&B and spent the day at the shop," recalls Osekoski, now 37, a salesman for a specialty ceramics company. "We woke up in the morning and looked at housing and prices in the newspaper. For us, living near a major metropolitan area, seeing the cost of living, the commuting, you wake up and say, 'What am I doing with my life?'"

The Osekoskis decided to move to Vermont in 2005, attracted by the outdoorsy lifestyle and the training grounds offered by the Green Mountains, Lake Champlain and miles of running trails. Adam found a growing community of competitive triathletes, as well as races that take advantage of the state's mountains and lakes. Now president of the Green Mountain Multisport club, he's planning to buy a mountain bike to participate in a newly created off-road triathlon in Essex this summer.

"We're endurance junkies," Osekoski says of the growing population of Vermont athletes who compete in the race, which combines swimming, bicycling and running.

While there are no statistics tracking the number of Vermont triathletes, local competitors say anecdotal evidence points to a jump in new participants during the past few years. To be sure, the increase coincides with a national surge in the competition's popularity. According to the website of USA Triathlon, the sanctioning authority for more than 2000 races, the organization's membership ballooned from 19,060 in 1999 to 96,000 in 2007.

The quality of Vermont triathletes tends to be competitive, even though fewer people are involved in the sport than in larger states such as California or New York, Osekoski says. Three to five of his club's roughly 35 members have qualified annually for Ironman Hawaii, which Osekoski describes as "the Super Bowl of races."

An Ironman competition combines a 2.4-mile swim, a 112-mile bike ride and a marathon. The grueling race can take anywhere from eight to 16 hours, depending on the ability of the athlete, who must complete the legs without breaks. The switch between segments, called the "transition," is a race in itself. Competitors hone techniques for slipping out of their wetsuits and into bike shoes, or flinging off helmets and bike shoes to exchange

them for running shoes, as fast as they can without losing time.

In Vermont's triathlon races, "instead of 1000 competitors, there are maybe 100 or 150, but the top 10 people do well at national races," Osekoski says.

One of those is Kim Loeffler, a professional triathlete who runs Burlington's On Track health club and physical therapy business with her husband Brian. She's also a member of the Green Mountain Multisport Club and races in Ironman competitions such as those in Hawaii and Lake Placid. The couple moved here from Boston in 2001 to start their business, partly because of relatives nearby and partly because they sought a town with an outdoor lifestyle where Loeffler could train for races.

At the time, however, the triathlon scene was almost nonexistent, she recalls here. The Green Mountain Multisport club hadn't been formed yet, and finding training partners could be tough. "When we moved here, there wasn't that much of a tri community," Loeffler says. "I had three or four friends. That was it. I've seen it really grow."

That growth is snowballing, attracting new racers. Last June, for the first time, national race organizer Xterra sponsored an event in Vermont. Xterra takes the triathlon formula and throws it off-road, with mountain biking instead of road cycling and trail running instead of a road race.

Mark Brislin, assistant director of the Essex Junction Recreation Department, is another "endurance junkie"; he started racing in Xterra competitions four years ago when he lived in New Hampshire. After moving here to work for the rec department, Brislin approached Xterra about bringing one of its races to the Burlington area.

The number of entrants surprised him: "We had hoped for 70 people and we had over 100 people," Brislin says. Most of the racers were locals, although a few came from as far as Costa Rica and Hawaii. The race, held at Indian Brook Reservoir in Essex, included a .75-mile swim in the reservoir followed by a 10-mile mountain bike ride in the park, mostly on single track with some rocky and steep terrain. To finish, competitors ran four miles around the reservoir.

Next year, Brislin predicts, the race will attract between 115 and 120 competitors. Xterra plans to sponsor a second Essex race as well as a new July race at Sugarbush, which may get more competitors from around the U.S., Brislin suggests.

Even though the sport pits individuals against each other, triathletes say training partners, who offer support, ideas and encouragement, are invaluable. The local boost in participation makes them easier to find.

Triathletes say training partners, who offer support, ideas and encouragement, are invaluable. The local boost in participation makes them easier to find.

"There are always people out running and biking," Brislin says. "You're never at a loss to find people to go out biking with."

Thomas Dunn found one training partner at the top of the Appalachian Gap, the pass near Waitsfield that's been termed a "mountain monster" by *Outside* magazine. After riding the 40 miles from his home in Burlington, Dunn was taking a break at the summit when a fellow cyclist asked him about his training plan. The two compared notes and found they both lived in the Queen City and competed in triathlons.

"Turns out he lives five houses away from me," says Dunn, who placed sixth in last year's Esprit Triathlon, an Ironman-distance race in Montréal. The two now occasionally pair up for cycling training in the summer.

Dunn says he and his wife, Bethany Whitaker, who also competes in triathlons, relocated to Burlington from Hong Kong after he visited and participated in the YMCA's annual swim across Lake Champlain.

"It was a beautiful day. I saw across the lake, and I thought, 'We have to move here,'" he says.

So, for a triathlete, what's not to like about training in Vermont?

One word: winter. "It gets really hard," Loeffler says.

Because bicycling in the winter is dangerous, most triathletes move into their basements. Using a metal contraption called a bicycle trainer, they set up their racing cycles in a stationary position. Then they ride for several hours — usually while watching DVDs or television.

"I would put in 15 hours a week. That's a lot of TV shows," Loeffler says. "Now I go away." Because her professional season can begin as early as January — unlike amateur competitions, which start in May — she leaves in February to train for six weeks in a warmer climate. This year, Loeffler plans to head for Tucson and race at the end of February in a duathlon, an event with a running leg followed by cycling and more running. At the start of April, she'll compete in a half marathon and then leave for Ironman China.

For athletes with full-time jobs outside the sport, globe-hopping isn't an option. Many amateurs take advantage of Vermont's snow sports to keep in shape during the winter, Loeffler says.

"And when the weather gets nicer, they get outside," she adds. "There's Lake Champlain, lots of places for open water swimming, lots of trail roads and dirt roads. There are six mountain passes, which makes for really good, challenging cycling. In the summer it ranks in the top four best places to train."

And that suits the high-endurance folks who have migrated to the Green Mountains just fine. ⑦

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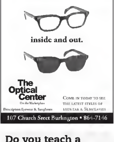
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HEALTH & FITNESS

The Sound of Science

A Vermont musician makes harp connections — in hospitals

STORY & IMAGE
LEON THOMPSON

The man resembles the carved figure on a tomb. Flat on his back. Head sunk in a pillow. Hands folded symmetrically over his chest. Eyes closed. To the casual observer, 70-year-old Phillip Kinne appears dead.

Then he opens his eyes.

"I tell you what," he says to Kathryn Kuha Dandurand, who produced his deep calm. "Are you going to be here over the next 72 hours?"

"Actually, I am," she replies. "Shall I come back?"

"Yes!" Kinne exclaims. Wiggling his feet, he shows no sign of the major knee surgery he endured just this morning. "To share your gift like that? It's a wonderful thing."

Dandurand bids Kinne farewell and steps into the hallway of the medical surgery unit at Northwestern Medical Center (NMC) in St. Albans. She tightens the shoulder strap on the wooden harp that extends from her clavicle to her upper thighs. "Every room is another adventure," she whispers.

Dandurand is not NMC's house band. The Montgomery mom has played harp for 25 years, and for half that time she's worked as a therapeutic harp musician. Her marketing literature outlines her mission. The intent is not to perform, "but to create a 'cradle of sound' to support the patient physically, emotionally and spiritually," she says. "Knowing that hearing can be the last sense to shut down, music can be a universal language."

Using two harps — a floor and a handheld model, each valued at thousands of dollars — Dandurand makes her special blend of musical and clinical medicine work through "entrainment," a physics principle founded on the phenomenon that two pendulums swinging at different paces in the same room will eventually synchronize.

Dandurand and other therapeutic harp musicians — Vermont has about a dozen — are trained and certified to play arhythmic music that responds to patients' breathing and muscle movement and changes in hospital body-monitoring equipment. When a patient is in pain, she can often erase it with a simple note or chord.

Dandurand improvises unfamiliar pieces to make the patient focus strictly on sound, not on melody or lyrics. She has played for victims of stroke, trauma and heart attacks. Sometimes she finds a patient in a fetal position, forcing her to start in a minor key; she gradually switches to a major key as the patient relaxes.

Dandurand sometimes experiences both ends of life on the same day, when she plays in the birthing unit and then for patients in palliative care. People have passed on as she plucked her harp. "It's incredible," she says, seated in the NMC cafe after visiting Kinne. "You can help people die with beauty, respect and comfort. Who doesn't want that?"

Music therapy has evolved over the centuries. Recent studies in Europe reveal that 50 minutes of listening can boost a person's antibodies and lower stress hormone levels. Other studies have shown that music reduces blood pressure and shortens hospital stays.

But harp therapy — recognized by the National Standards Board for Therapeutic Musicians — is a relatively new field of exploration and practice. Researchers have studied how the harp's timbre affects patients. The instrument has a wide range of frequencies, long, soothing tones and an archetypal association with tranquility. (Think "heaven," and a harp crops up somewhere, right?)

In 2007, the Heart Hospital of New Mexico conducted a small-scale study that measured the effect of 15 minutes of harp music on patients who had recently undergone heart catheterization. Before the music, blood pressures were astronomical. Afterward? They plummeted.

Dandurand says she senses the changes in patients when she plays. She has moved men to tears, sparked laughter in babies, and watched nurses remove a patient from a breathing apparatus after a song or two.

Dandurand makes her special blend of musical and clinical medicine work through "entrainment," founded on the phenomenon that two pendulums swinging at different paces in the same room will eventually synchronize.

KATHRYN KUHA DANDURAND PLAYS FOR PHILLIP KINNE

"It's an incredible connectedness," she says. "That's what I love about this — connecting people to music. I feel like I talk with my fingers."

To some extent, Dandurand's working life has always involved healing. In the early 1980s, she cofounded Franklin County Early Childhood Education Programs and taught at-risk children in their homes. Around that time, she saw Scottish harpist William Jackson — who recently rewrote his homeland's national anthem — perform in a Burlington coffeehouse. Dandurand instantly knew she had to play the harp.

Learning came easily: Dandurand had taken 10 years of classical piano lessons as a child, beginning at age 2. Playing harp is like playing piano sideways, she explains: the strings are a piano's white keys, while the sharpening levers — the buttons on the top rim of a harp — are the black keys. "It's hard to make a harp sound bad," she notes.

Dandurand's harp teacher was Christina Tourin, a former Jericho resident who now directs the International Harp Therapy Program based in Mt. Laguna, California. But Dandurand didn't immediately practice as a harp therapist. In the late 1980s, she took a sabbatical from teaching and earned her massage therapist certification in Hawaii. When she returned to Vermont, she opened a massage studio at Jay Peak, where she eventually started playing harp at the head of her massage table. Her clients loved it. "I found I was in this fantastic place where I was helping people relax, easing their tension and pain," she says.

Dandurand has spent Mondays and Thursdays at the NMC for the past five years. A handful of other area nursing homes have witnessed on-site changes with her presence.

Jennifer Savage, NMC community relations specialist, says the harpist provides a more uplifting experience for patients and their families. While patients may not understand the scientific minutiae of Dandurand's profession, they feel the music, she adds.

Kinne certainly seems to. "You know what's great about music?" he says during the session in his hospital bed, after gently requesting songs by Ernest Tubb and Charlie Pride. (Dandurand doesn't know them.) "It's the best cure. It'll take the biggest grouch and make 'em smile. And that harp? It's gorgeous. Just gorgeous."

"Kathryn provides one part of an overall healing environment," Savage explains. "There are several things we do to heal body, mind and soul. She is now one component of them."

"There's a whole art and science behind it," Dandurand says of harp therapy. "It's really a relationship between music, science and spirituality."

To illustrate, she recalls her interaction with one hospitalized woman. "Play the first song you think of," the patient instructed Dandurand, who chose "Dragonfly Waltz." The woman cried throughout the song. It reminded her of her son, who had died at age 30. Before he passed away, his mother asked him to send her a sign of his presence at his funeral. At the service, dragonflies darted around a group of children.

"That's how we knew he was there, how he told us," the woman told Dandurand. "And the fact that you chose to play that song, over any other, tells me he's here with me now. That was a sign from him. So thank you."

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Materials Witness

EXHIBIT
Muffin Ray, mixed media work from salvage. Amy E. Tarrant Gallery, Flynn Center, Burlington. Through March 28.

ARTWORK
"Hollyhock and Skunk Cabbage" by Muffin Ray

PHOTO
Courtesy of Amy E. Tarrant Gallery

"Discarded and Salvage," the current exhibit at the Flynn Center's Amy E. Tarrant Gallery in Burlington, is an expressive collection of 11 large-scale "paintings" that are essentially textile assemblages. Peacham artist Muffin Ray transforms vintage quilt patches, found tapestries and other sumptuous yet cast-off textiles into broad fields of texture and color. She creates deep, mysterious surfaces soaked in resin, encaustic and oil-based media that preserve embroidered textures like primeval insects in amber. Then she juxtaposes areas of painting, frequently floral but sometimes wholly gestural, with the glazed and stained fabrics.

"All of the materials used in this work were salvaged from abandoned warehouses, dumpsters and basements," Ray explains in a curatorial statement. In her surreptitious quest for ingredients she discovered a wide range of swatches and bolts; some resemble Victorian tin ceilings, while others are fancy embroidery or snags of lace. Short lengths of fabric, cut into ribbons, were sewn onto the top half of the 56-by-40-inch "Untitled 2." The stitching runs vertically over the horizontally positioned ribbons. Earth tones dominate the piece — like everything else in the show. The bottom half of the work holds loosely painted buds and stems on a black background.

"K" is a 66-by-60-inch canvas alive with Ray's signature details. It's a crazy quilt of textiles: Triangles, rectangles and a few squares are appliquéd below a horizontal demarcation three-quarters of the way up the picture plane. Pale brown paint drips like icicles, running in long rivulets over the textures. Above the horizon is a bubbly raw umber field, almost gold toned, filled with orange flowers and stems arranged vertically. Like the patterns in the textiles, Ray's painted flowers and buds harken back to Victorian design. Her flowers are reminiscent of the most delicate still lifes of Odilon Redon (1840-1916) or classic art nouveau motifs.

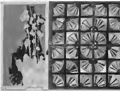
Several canvases from Ray's "Discard" series included in the show reveal painted or stenciled words, letters and geometric patterns buried in thickly layered glazes. "Discard 2" and "Discard 3" are both sturdy board, with rope-like cloth piping dividing the canvases into three horizontal segments. The lowest segment of the 70-by-46-inch "Discard 2" is red oxide, while the middle and upper bands are paler. Ray seems to have splashed tan paint over the image, and the resulting drips unify the sections. Gray Greek keys — small concentric squares — are visible through the splashes on "Discard 3." That 68-by-42-inch piece is dominated by lighter tonalities; it's like decaying plaster on a section of weathered wall removed from an excavated classical villa.

"Hollyhock and Skunk Cabbage," at 109 by 72 inches, is the largest and most intricate painting in the show. It's divided vertically between the floral section at left and the fabric design composed within a grid of six-by-six squares at right. Ray placed fans of many hues, outlined in scarlet, inside the right-hand grid. Her complex design unveils patterns within patterns, and the entire grid area is bordered by stained antique lace.

The left section of the piece is a gestural display of flowers, resembling a Japanese screen. The background contains subtle drips of red on red, and Ray integrated drawing media into the painted side. Long areas are lines of negative space transversing wide patches of blackness. Pale turquoise passages are applied like stain painting to create a pleasingly balanced harmony of turquoise, red, black and white-eyed yellow.

Ray pushes technical boundaries to invent a hybrid art — part assemblage and part painting — that carries viewers down a meandering sensory stream. Her paint handling echoes the art historical trends of the last hundred years, while her discarded, readapted textiles seem to bear the ghosts of the former lives they've touched.

— **MARC AWODEY**



Muffin Ray transforms vintage quilt patches, found tapestries and other sumptuous yet cast-off textiles into broad fields of texture and color.

<exhibitions>

CALL TO ARTISTS

ART FROM TRASH WANTED! Art made from recycled materials or on a Zero Waste theme is wanted for a new gallery space at The ReStore in Barre. Free supplies available for artists who stop by the store. Info: Rachael Rice, The ReStore at ReCycle North, 229-4427, myspace.com/restorearts.

"INSPIRED BY STORIES" EXHIBIT: Unique opportunity to explore personal perceptions of history while creating and exhibiting contemporary work. Deadline: February 4. Exhibit opens May 28. Call for flyer and details. Info: Marilyn Solvay, Sullivan Museum and History Center at Norwich University, 485-2448, msolvay@norwich.edu.

RED SQUARE NEEDS ART: Busy downtown establishment. All mediums considered. Info: creativegenius@burlingtontelecom.net.

"TRASH TO TREASURE" SHOW: Seeking wall/tabletop art from recycled materials. Let the dump be your muse. Deliver by January 31; some restrictions apply. Show February 2 - April 30. Info, 879-1236, info@artistsmediums.com, www.artistsmediums.com.

WHOLE NEW BALL GAME: From the thrill of victory to the agony of defeat, sports bring out the best and worst of humanity. Studio Place Arts invites artists to explore the motion and emotion of athletic competition, from the Greek gods to modern millionaires. Works from all media, including sports equipment, are encouraged. Application deadline: January 23. Show dates: March 10 - April 19. Info: 479-7069, info@StudioPlaceArts.com.

CALL TO ARTISTS >> 29A

PLEASE NOTE: Exhibitions are written by **Pamela Polston**; spotlights written by **Marc Awodey**.

Listings are restricted to exhibits in truly public places; exceptions may be made at the discretion of the editor.

Submit art exhibitions at **www.sevendaysvt.com/art** or send via email by Thursday at 5 p.m. including info phone number, to **galleries@sevendaysvt.com**.

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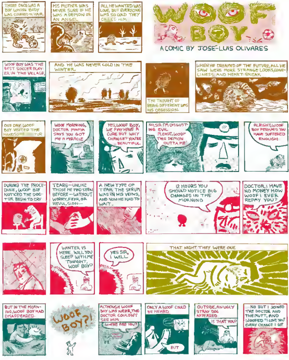
drawnandpaneled

NOVEL GRAPHICS FROM THE CENTER FOR CARTOON STUDIES

"WOOF BOY"

José Luis Olivares is braving his first winter as an MFA student at the Center for Cartoon Studies. Born in balmy South Texas, he graduated from the University of Texas at Austin in 2005 and then taught English to highschool students in Japan. Check out more of Jose's art and comics at www.joseluisolivares.com.


THERE ONCE WAS A BOY WHOSE BODY WAS COVERED IN HAIR.
HIS MOTHER WAS NEVER SURE IF HE WAS A DEMON OR AN ANGEL.
ALL HE WANTED WAS LOVE, BUT EVERYONE WAS SO COLD THEY CALLED HIM
WOOF BOY
A COMIC BY JOSE-LUIS OLIVARES
WOOF BOY WAS THE BEST SOCCER PLAYER IN THE VILLAGE,
AND HE WAS NEVER COLD IN THE WINTER.
THE THOUGHT OF BEING DIFFERENT WAS HIS OBSESSION.
WHEN HE DREAMED OF THE FUTURE, ALL HE SAW WERE MORE STRANGE LOOKS, LONELINESS AND HEART BREAK
ONE DAY WOOF BOY VISITED THE HANDSOME DOCTOR
WOOF MORNING, DOCTOR MAMA SAYS YOU GOT ME A MIRACLE
YES, WOOF BOY, WE MAY HAVE A CURE BUT WHY CHANGE? YOU'RE BEAUTIFUL
NO, SIR I'M DISGUSTING EVIL
PLEASE, WOOF THIS DEMON OUTTA ME!
ALRIGHT, WOOF BOY PERHAPS YOU HAVE SUFFERED ENOUGH
DURING THE PROCEDURE, WOOF BOY NOTICED THE DOCTOR BEGIN TO CRY
TEARS—UNLIKE THOSE HE HAD SEEN BEFORE—WITHOUT WORRY, FEAR, OR REVULSION—
A NEW TYPE OF TEAR. THE SERUM WAS IN HIS VEINS, AND NOW HE HAD TO WAIT.
12 HOURS YOU SHOULD NOTICE BIG CHANGES IN THE MORNING
DOCTOR, I HAVE NO MONEY HOW WOOF I EVER REPAY YOU?
WINTER IS HERE WILL YOU SLEEP WITH ME TONIGHT, WOOF BOY?
YES SIR, I WILL
THAT NIGHT THEY WERE ONE
BUT IN THE MORNING, WOOF BOY HAD DISAPPEARED
WOOF BOY?!
ALTHOUGH WOOF BOY WAS NEAR, THE DOCTOR COULDN'T SEE HIM
WHERE ARE YOU?
WOOF WOOF
ONLY A WOOF COULD BE HEARD
WOOF WOOF
BUT
OUTSIDE, AN UGLY STRAY DOG APPEARED
IS THAT YOU?
NO BUT I JOINED THE DOCTOR AND THE MUTT, AND WOOFED "I LOVE YOU" EVERY CHANCE I GOT

"Drawn and Paneled" is a collaboration between Seven Days and the Center for Cartoon Studies in White River Junction, featuring works by past and present students. These pages will be archived at www.sevendaysvt.com. For more info, visit CCS online at www.cartoonstudies.org.

<exhibitions>

CALL TO ARTISTS << 27A

4TH ANNUAL RECAUSE CRAFT SHOW: Seeking artisans for event that aims to increase community awareness of local and global needs. Show at St. Michael's College on March 23. No vendor fee, but a portion of sales must be donated to a charity of the vendor's choice. Space limited. Info: PJ Neverett, caverett31@yahoo.com.

GALLERY SPACE AVAILABLE: Wakefield Gallery of Art, Object and Design has space for your art, from canvas to 3-D. Info: Leanne, 343-1480, Apropo Bridge.

TALKS & EVENTS

BILL RAMAGE: Drawings and installation by local Vermont artist and Castleton State professor that address perception and the act of seeing. Through February 28 at Flynndog in Burlington. Dinner and dessert will be served at 6:30 in the Outer Space Café before an artists' talk on Wednesday, January 21, 8-9 p.m. Flynndog, Burlington. Info, 343-4248.

'THE PAINTED WORD POETRY SERIES: MYRONN HARDY & MATTHEW MILLER: Hosted by Vermont fleet poet Major Jackson, the series pairs an emerging and an established poet whose work represents significant exploration into language, song and art. Live music precedes the reading. Wednesday, January 21, 6-7:30 p.m. Fleming Museum, UVM, Burlington. Info, 656-0750.

'ART IN THE SNOW': Brandon's fifth annual town-wide event, on the fourth weekends of January, February and March, features open artist studios in painting, ceramics, jewelry, sculpture, photography, fiber art and more, as well as specials at stores, restaurants and inns. Maps available at participating locations. Saturday through Sunday, January 24-25, 10 a.m. - 5 p.m. Brandon Artists' Guild, Brandon. Info, 247-5343.

4TH ANNUAL NORTHFIELD ART SHOW: The Paine Mountain Arts Council stages a three-day exhibit and sale of works by local artists in painting, photography, sculpture, pottery and fiber art. Friday, January 23, 12-8 p.m.; Saturday, January 24, 10 a.m. - 7 p.m.; Sunday, January 25, 12-4 p.m. at Brown Public Library in Northfield. Reception: Friday, January 23, 7-9 p.m. Info, 485-4621.

RECEPTIONS

ALISON SULLAM: Egg tempera photo-real oil paintings exploring New England light and space. January 23 through March 21 at Helen Day Art Center in Stowe. Reception: Friday, January 23, 5:30-7:30 p.m. Info, 253-8358.

'PICTURE THAT POEM': This multimedia show examines the relationship between visual imagery and poetry. Main Floor Gallery; **'PUBLISH THAT POEM':** Local poets share their writings. Second Floor Gallery; and **KATHERINA HAVERKORST ADAMS & ROBIN LANDE:** Works by the local artists. Third Floor Gallery. Through February 28 at Studio Place Arts in Barre. Reception: Friday, January 23, 5:30-7:30 p.m. Info, 479-7069.

'THE SHAPE OF THINGS: JOHNNY SWING AND THE BEST OF VERMONT DESIGN 2009': An exhibit featuring Vermont artists and artisans who repurpose materials and stretch meanings includes furniture by Johnny Swing, ceramics by Paige Russell, architecture and wind-energy technology by Stew Design, architecture and sustainable design by David Sellers, fine metals by Lynne Peters, glass works by Josh Chase and illuminated sculpture by Kate Moss and Kermit Ostermoyer of Studio Glow. January 23 through March 21 at Helen Day Art Center in Stowe. Reception: Friday, January 23, 5:30-7:30 p.m. Info, 253-8358.

TIM DOUGLAS: "Against the Wall," acrylic paintings that manipulate line and light. January 28 through February 4 at Colburn Gallery in Burlington. Reception: Wednesday, January 28, 5:30-7 p.m. Info, 899-3251.

WILLIAM CORDOVA & MAJOR JACKSON: "We're taken it alright," a collaborative project by the Peruvian-born artist and African American poet, respectively, featuring mixed media drawings and installations and poetry exploring race and language. The works celebrate and critique how cultural territories are dispersed, redefined, and transformed within new settings. January 27 through May 10 at Fleming Museum, UVM, in Burlington. Reception: Wednesday, January 28, 5:30-7:30 p.m. Info, 656-0750.

"ART IN THE SNOW"
Seems like everyone in Brandon gets behind its arty events. The fifth annual open studio weekend includes a wine tasting, specials at local stores, restaurants and inns, and an opportunity for all comers to win 100 "Brandon Bucks" dollars in a drawing. "Art in the Snow" takes place the fourth weekends of January, February and March, and has been named one of the state's Top 10 Winter Events by the Vermont Chamber of Commerce.

ONGOING

burlington area

AP GLASS: Sculptural lighting, glassware and the glassmaker's Snowfolk collection are on view and for sale in the cozy corner of the gallery. Through January 31 at Pine Street Art Works in Burlington. Info, 540-8222.

AIMEE DANIEL: "Life Abstractions," inkjet-printed color photographs of natural and organic forms. Through January 31 at Red Square in Burlington. Info, 318-2438.

"BRIGHT AND BOLD": Members of the Essex Art League exhibit works in this colorful theme. Through February 28 at Phoenix Books in Essex. Info, 882-3014.

CAROLYN SHATTUCK: The Vermont painter is highlighted at the gallery's 10th annual winter exhibition, which also features works by 15 other regional artists. Through January 31 at Furchgott Sourdiffe Gallery in Shelburne. Info, 985-3848.

NICK BRUNELLE: New contemporary watercolors and acrylic paintings. Through January 31 at Penny Cluse Cafe in Burlington. Info, 864-8888.

ELLIS LILLIBRIDGE GUYON: The seventh-grader at Edmunds Middle School presents six new pieces of art reflecting his interest in minimalist graphic design, and will offer 50 percent of proceeds from sales to benefit COTS. Through January 31 at Mirabelles in Burlington. Info, 658-3074.

FALL/WINTER AT THE MALTEX: A group show on all four floors presents paintings, photographs and steel sculpture by nine local artists. Through February 28 at the Maltex Building in Burlington. Info, 865-7166.

HIRAM TOWNLEY: "Against the Grain," a large-scale retrospective featuring more than 60 works of art by the late American wood sculptor who spent his final years in Bethel, Vermont; and **"OBJECTS OF POWER AND IDENTITY,"** an exhibition of objects from weapons to jewelry, curated by UVM's Museum Anthropology class. Through May 5 at Fleming Museum, UVM, in Burlington. Info, 656-0750.

JENNIFER TAY: The Essex Art League member shows her work. Through February 28 at Essex Town Offices in Essex. Info, 882-3114.

JUDI WHALEN: New works of abstract cityscapes. Through January 26 at Uncommon Grounds in Burlington. Info, 865-6308.

KAREN M. GEIGER: A multimedia exhibit, including painting, photography, installation, sculpture and drawing, with imagery referring to gender and the body. Through February 28 at Opportunities Credit Union in Burlington. Info, 233-4389.

MICHAEL SMITH & HAP FOX: Art's Alive rings in the new year with paintings by founder Smith and a retrospective of works on paper by Fox. Through January 30 at Union Station in Burlington. Info, 310-1213.

MUFFIN RAY: "Discarded and Salvage," richly textured two-dimensional works that employ wire, fibrous resins and other media, all salvaged from warehouses, dumpsters and basements. Through March 28 at Amy E. Tarrant Gallery, Flynn Center, in Burlington. Info, 652-4505.

NED CASTLE: "In Their Own Words," stories and photographs from refugees settled in Vermont. Through February 4 at UVM's Living/Learning Center in Burlington. Info, 656-4200.

NORI LUPFER: Altered monoprints, Gallery 1 & 2; **TOM CULLINS:** Watercolors, Skyway; and **KATHARINA WEBER KRASSE:** Oil paintings, Escalator. Through January 31 at Burlington Airport in South Burlington. Info, 865-7384.

PHILIP ROBERTSON: "Post Neo-Romantic Landscapes"; **CYNTHIA ROSS:** "Transformational Anatomy"; **ARTHUR ZORN:** "Aerial Improvisations"; and **ALANA LAPOINT:** "Strange Folk," all paintings; and **ELLIS JACOBSON:** "Moment of Clarity," sculpture. Through January 31 at Artpath Gallery in Burlington. Info, 563-2223.

TERRY HAUPTMAN & JERRY GEIER: "Veiled Lineage," sculpture, painting and installation that explore concepts of lineage, ancestry and tradition, part of the city's quadricentennial celebrations. Also on view: **JENNIFER ALFONA & GUILLERMO CALZADILLA:** "Landmarks," videos shot on Vieques that explore postcolonial politics and the role of the artist to challenge authority. Through February 14 at FireHouse Gallery in Burlington. Info, 865-7165.

central

AXEL STOHLBERG: "Black, White and Color," multimedia landscapes. Through February 7 at City Center in Montpelier. Info, 244-7801.

CAROLINE & DAVID HEMASH: "Mother and Son," traditional and abstracted landscape paintings, respectively. Through February 13 at Vermont Chocolatiers in Northfield. Info, 485-7770.

CHERIE STAPLES: "Gathering Light: Images of Light and Sky," photography. Through January 31 at The Shoe Horn in Montpelier. Info, 223-5454.

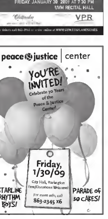
DEBORAH ALDERMAN: "Quilted Vermont," an exhibit of applique quilts by the Waterbury artist. Through January 30 at Governor's Office Gallery in Montpelier. Info, 828-0749.

GEORGE LAWRENCE: Representational paintings in watercolors, oils, acrylics and pastels by the local artist. Through January 31 at Tunbridge Public Library in Tunbridge Village. Info, 889-9404.

ONGOING >> 30A

Andrew Lloyd Webber's
Aspects of Love
ENSEMBLE
AUDITIONS
February 7 at 9:00 a.m., and 1:00 p.m.
Sunday February 8, 2009 at 10:00 a.m.
at the Town Hall Theatre, Main Street, Stowe
Stowe Theatre Guild
For more info visit
www.stowetheatre.com
or
email eroglikj@verizon.net
or call 802-229-8674

LANE series PRESENTS
THE UNIVERSITY OF VERMONT
MUSIC OF TURKEY AND THE MIDDLE EAST WITH
OMAR FARUK TEKBILEK
AND HIS ENSEMBLE
Honored as a peacemaker and virtuoso, Omar Faruk Tekbilek is one of the most sought-after Turkish/Middle Eastern musicians in the world. He performs on many traditional instruments and will bring the house down with his amazing six-piece ensemble.
Pre-Concert talk with the artists in hall at 6:30 pm.
"Pouring his breath through a simple bamboo tube or length of plastic pipe, he brings a little of the divine into the mundane world."
FRIDAY, JANUARY 30, 2009 AT 7:30 PM
UVM RECITAL HALL
Chittenden
VPR
For tickets call 863-5966 or order online at WWW.UVM.EDU/LANESERIES



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★ ★ ★ ★

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- CHICKEN TORTELLONI POMODORO
- BBQ PORK & CHICKEN CHOICE OF ONE SIDE
- 8 OZ TOP SIRLOIN CHOICE OF TWO SIDES
(APPETIZER BAR INCLUDED)

FREE SUPER BUFFET APPETIZER BAR!

★ SUPERBOWL XLIII 2009 ★

<exhibitions>

ALTOON SULTAN: The Vermont artist's amazing egg tempera paintings are works of sun-soaked realism. Her exhibit at the East Gallery of Stowe's Helen Day Art Center opens with a reception this Friday, January 23, 5:30-7:30 p.m. Pictured: "Yellow Knot."

ONGOING << 29A

HEATHER GRAY: "Dysfunctional Antics," photography inspired by the artist's personal experiences as a woman, mother and housewife, and exploring notions of beauty, consumerism and the role of women in society. Through January 31 at Langdon Street Café in Montpelier. Info, 533-2507.

"HOPE FOR PEOPLE": A group of local artists of all ages display their banners related to social movements, cultures of resistance and other agendas of bravery. Through January 31 at Langdon Street Café in Montpelier. Info, 223-7547.

JASON MALLERY: "Twelve: 2 1/2 Dimensions," mixed-media paintings and photography. Through January 31 at The Green Bean Art Gallery at Capitol Grounds in Montpelier. Info, artworldlad23@yahoo.com.

JESSE LOVASCO: "Women, Symbols, Stone," pastel images. Through January 31 at Kismet in Montpelier. Info, 223-8646.

"MODERN TREASURES FOR THE HOLIDAYS": The end-of-year show features an assortment of art, craft and designer objects in all media. Through January 31 at Bigtown Gallery in Rochester. Info, 767-9670.

NED KAHN: "Planetary Landscapes: Sculpting the Solar System," an interactive multimedia work that illustrates the dynamic forces that shape our solar system. Through March 15 at Montshire Museum of Science in Norwich. Info, 649-2200.

PETER TORNASHOW: "Wolfram Memorial Laboratory of Cabinet," whimsical installations featuring toys "from a parallel universe" and examining play and fantasy. Through March 31 at Main Street Museum in White River Junction. Info, 785-4274.

PHIL HERRISON: "Urban Wallscapes," recent paintings and prints. Through March 6 at Supreme Court Lobby in Montpelier. Info, 828-0749.

"WHITE — EXPLORATIONS IN COLOR AND FORM": A juried exhibit exploring the open-ended theme of white. Through February 7 at Chandler Gallery in Randolph. Info, 728-9878.

champlain valley

ART NOW: DOUG AND MIKE STARN: An installation features enlarged photomicrographs of snowflakes along with the museum's recently acquired many-layered photographic image of a tree, both by the famous identical-twin artists. Through April 14 at Middlebury College Museum of Art. Info, 443-5007.

"CITY OF YOUR DREAMS, BUILDING AN IMAGINARY CITY IN GLASS": The culmination of a three-week collaborative effort by art students and visiting artists: this fantasy metropolis is made from glass. Through January 31 at Johnson Memorial Building, Middlebury College. Info, 443-5007.

MADELEINE TERRY: The seven-theme exhibition is the culmination of a three-semester independent project and features a progression of color photography. January 23 through February 7 at Johnson Memorial Building, Middlebury College. Info, 443-3168.

ROBERT CRYSTAL: Large-scale slab vessels in stoneware clay by the Vermont artist. Through February 28 at Town Hall Theater in Middlebury. Info, 382-9222.

SUSAN ABBOTT: The award-winning artist shows her watercolor works. Through February 13 at Christine Price Gallery, Castleton State College. Info, 468-1364.

"THE GOLDEN CAGE": "Mexican Migrant Workers and Vermont Dairy Farmers," photographs by Caleb Kenna with interviews by Chris Urban. Through January 31 at Vermont Folklife Center in Middlebury. Info, 388-4964.

northern

DONALD ALLEN MOSHER: "Northern Vermont Seasons," landscape paintings of fall and winter in the Green Mountain State. Through January 31 at Green Mountain Fine Art Gallery in Stowe. Info, 253-8858.

ELLEN DORN LEVITT & ANN YOUNG: "Symmetries," pen-and-ink drawings and selected sculpted works, respectively. Through February 14 at Northeast Kingdom Artisans' Guild Backroom Gallery in St. Johnsbury. Info, 535-5008.

JANUARY FEATURED ARTISTS: This month the co-op gallery focuses on clay works by Barbara Colgrove, papier-mâché sculptures by Becky Wright and painted porcelain by Kitten Ellison. There is also an exhibition of artwork by EFHS students. Through January 31 at Artist in Residence Cooperative Gallery in Enosburg Falls. Info, 933-6403.

JESSE FRASA: "The Black Retrospective," a body of work comprised of performance, video installation and design based on a fictional environmentalist and his products by the New York-by-way-of-Vermont artist. Through January 31 at Catamount Arts Center in St. Johnsbury. Info, 748-2600.

106.7 WIZN Presents:

WIZARD DITCH DAY

Thursday January 22

106.7 WIZN Classic Rock That REALLY ROCKS

SMUGGLERS' NOTCH VERMONT America's Family Resort

Ditch Work and Ski or Ride Smugglers' Notch

Flash your Wizard Card at customer service and get 2 for 1 single day, 3-mountain lift ticket (2 adult for $60 or 2 youth for $44).

Offer good only on Thursday 1/22/09. Cannot be combined with other offers.

2 Days Skiing/Riding, Lesson, Dinner, Lodging, Breakfast Just $149!

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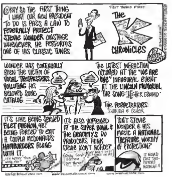
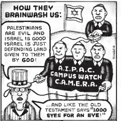
Log on to www.mp103.com or www.cruisin937.com
The Champlain Valley Biggest Loser has no affiliation with the network TV series.
Participants will be chosen at Exercise America on February 7, 2009.

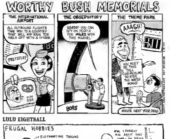
<the funnies>


OKAY SO THE FIRST THING I WANT OUR NEW PRESIDENT TO DO IS PASS A LAW TO FEDERALLY PROTECT STEVIE WONDER ONSTAGE WHENEVER HE PERFORMS ONE OF HIS CLASSIC TUNES
FIRST THINGS FIRST
THE K CHRONICLES
BY KEITH KNIGHT
WONDER HAS CONTINUALLY BEEN THE VICTIM OF VOCAL TRESPASSERS POLLUTING HIS BELOVED SONG CATALOG
THE LATEST INFRACTION OCCURED AT THE "WE ARE ONE" INAUGURAL EVENT AT THE LINCOLN MEMORIAL. THE SONG "HIGHER GROUND"
THE PERPETRATORS: SHAKIRA & USHER
IT'S LIKE BEING SERVED FILET MIGNON, YET BEING FORCED TO EAT A COUPLA MCDONALD'S HAMBURGERS ALONG WITH IT.
...it's better this way, no?
MPPHH
IT'S ALSO HAPPENED AT THE SUPER BOWL & THE GRAMMYS. DO PRODUCERS THINK STEVIE WON'T NOTICE?
Okay, send Britney out there!
THEY DON'T DO IT TO PRINCE OR U2
ISN'T STEVIE WONDER & HIS MUSIC A NATIONAL TREASURE WORTHY OF PROTECTION?
IT WOULD COST TAX-PAYERS NOTHING!!
keef@kchronicles.com

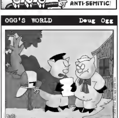
NO EXIT © Andy Singer


HOW THEY BRAINWASH US:
PALESTINIANS ARE EVIL AND ISRAEL IS GOOD ISRAEL IS JUST DEFENDING LAND GIVEN TO THEM BY GOD!
A.I.P.A.C.
CAMPUS WATCH
C.A.M.E.R.A.
SINGER
...AND LIKE THE OLD TESTAMENT SAYS "1000 EYES FOR AN EYE!"
FIRE THIS CARTOONIST! HE'S ANTI-SEMITIC!

IdiotBOX Matt Bors

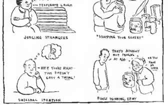

IF YOU ARE READING THIS YOU HAVE SURVIVED THE BUSH ADMINISTRATION CONGRATULATIONS! TIME TO HONOR THIS HERO'S LEGACY WITH...
WORTHY BUSH MEMORIALS
THE INTERNATIONAL AIRPORT
ALL OUTBOUND FLIGHTS TAKE YOU TO A COUNTRY THAT WILL RIP YOUR TOE NAILS OFF WITH A SPORK
PRETZELS?
FUN SIZE
THE OBSERVATORY
EGADS! YOU CAN SPY ON PEOPLE FOR MILES WITH THIS MARVEL
BORS
THE THEME PARK
AAAGH!
YOU MUST BE THIS TALL (OR MUSLIM) TO RIDE THE WATER BOARD
MAYBE NEXT YEAR DEAR

OGG'S WORLD Doug Ogg

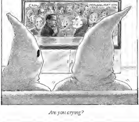


It's from the insurance company, and its another damn premium increase for houses built of sticks and/or straw!

LULU EIGHTBALL



bliss
BY HARRY BLISS



Are you crying?

2			9					9
		4		9			3	
	9			1	7	9		
5					9			1
	3	9		7		4		
		9	9				9	
	1		7			3		4
7				2			1	
		9			3		9	

sudoku BY LINDA THISTLE

Place a number in the empty boxes in such a way that each row across, each column down and each 9-box square contains all of the numbers one to nine

DIFFICULTY THIS WEEK: ★★

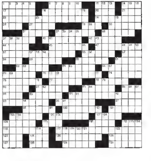
★ = Moderate ★★ = Challenging ★★★ = Hoo boy!

PUZZLE ANSWERS FOR SUDOKU AND CROSSWORD ON PAGE 30B

SEVEN DAYS crossword

ACROSS
1 Ladd or Lane
6 Host a roast
11 Kipling novel
14 Social worker?
17 Conductor Dorati
18 In a perfect world
20 Slangy suffix
21 Neath
22 Start of a remark by 117 Across
24 Northwestern capital
26 "— Day Now" ('62 hit)
27 Stallion's son
28 Pom's perch
30 — laugh
31 Hound's hassle
32 Tenn. e.g.
36 '82 US Open champ
37 What you've gotta have
40 Acquire
42 Harden
44 — Romeo
45 Spring holiday
47 Side by side
51 Part 2 of remark
55 Lamb product
57 Vane dir.
58 — bru
59 Baking
60 West African port
61 Like — of bricks
62 Authority
64 Austen hero
66 German mark?
68 Sierra — CA
70 All wet
74 Term time
75 Is useful
77 Author Potok
78 Column style
80 Claim
81 Problem for Pauline
83 Fernando or Lorenzo
85 Rocker Nugent
88 Harriet title start
89 "Odyssey" enticer
90 End of remark
93 17 Across title
95 "The — Kid" ('84 film)
97 Orthodox image
98 Paris measurement
100 Study
102 Stick one's neck out
103 Sportscaster Musburger
106 Classical hunk?
107 Shopper's delight
109 — it (flipped off)
110 Shuffleboard stick
111 TV's "— Living"
112 Hum bug?
115 More eminent
117 Speaker of remark
123 Hesperus
124 Enem or Gilliam
125 She handed Theseus a line
126 Break off
127 Endorses
128 Cast a spell
129 Trepidation
130 Neighbor of Orem

DOWN
1 Comic Carvey
2 Privy to
3 Part of DA
4 Uh uh
5 Draw forth
6 Touch up the text
7 Big boys
8 Baseball's Ripken
9 Ransom — Olds
10 Browne, for one
11 Former surgeon general
12 Unreal
13 Andy's ones
14 Tell's target
15 They get hit on their heads
16 Hors d'oeuvre holder
18 Northern hemisphere?
19 Stream
23 Start to sneeze
25 Free-for-all
29 "The Greatest"
31 Munich Mrs.
32 Iowa e.g.
33 "The Man in Black"
34 Formal ceremony
35 Like-minded
36 Forester or Outback
37 Rain hard?
38 Lohengrin's love
39 Printed right
41 Lean ne Lahr
43 Highflying spy
46 Show one's feelings
48 Penguins' plane
49 Newfoundland's nose
50 Fractional amount
52 Actor Brian
53 To and —
55 Galley features
56 — lama
60 Pharmacy measure
61 Jai —
63 Spring flower
65 Twelfth
66 Paul's "Exodus" role
67 The Brady Bunch?
68 Lady of the house
69 Spanish city
71 Farm measure
72 Use one's noodle
73 Tiny coin
76 Elan
79 Lummox
82 Settle at last
83 Yoga position
84 Pub orders
86 North Carolina campus
87 Unit of force
89 Plymouth leader
90 Small songbird
91 Mele —
92 Swamp plant
93 Like Sauternes
94 Most of these
96 Sweater letter
101 Comedian Laurie
102 "Patriot Games" author
103 Thwart a hit
104 Sewell of "A Knight's Tale"
105 — vu
106 "Do — say not"
108 Commercial award
110 Pivotal point
111 Ain't right?
112 Put on a happy face
113 In addition
114 Genesis setting
116 When the French fry
118 Sign from years
119 — Tin Tin
120 "— Do!" ('84 hit)
121 Fabric units
122 Charge

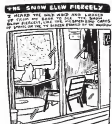


AMERICAN ELF

THE SKETCHBOOK DIARIES
OF JAMES KOCHALKA

please visit AmericanElf.com

THE SNOW BLEW FIERCELY


I HEARD THE WILD WIND AND LOOKED UP FROM MY BOOK TO SEE THE SNOW BLOW FIERCELY, LIKE THE MESMERIZING CHAOS OF STATIC ON THE TV SCREEN FRAMED BY THE WINDOW
JANUARY 13, 2009

WHAT IF?

Mama!
I thought he was asleep
Hmm?
SOON
He just wanted to ask me "what if a germ had germs"
JANUARY 15, 2009

SNOW CAIRN BOWLING

THESE CHUNKS OF SNOW ARE ROCK HARD BUT LIGHT AS STYROFOAM, AND MAKE THE MOST DELIGHTFUL SOUND WHEN THEY BONK TOGETHER... A SORT OF HOLLOW SCRAPING KLONK. WE PILE THEM LIKE CAIRNS AND THEN BOWL THEM OVER.
Next I want to do CAIRN BOXING!
OK
SKROONK
JANUARY 17, 2009

TROUBLETOWN

BY LLOYD DANGLE

GISELLE, IS THAT YOU?
I'M STILL HIGH FROM D.C.!
LARRY? OMIGOD, ISN'T OBAMA AMAZING?
ME TOO!
TRACK 4
YOU USED TO BE A HORRIBLE RIGHT-WINGER WHO TALKED LIKE ANN COULTER!
AND YOU WERE A MUSHY LIBERAL WHO NEVER SHUT UP ABOUT 9-11 CONSPIRACIES!
INFO
WHO CARES!
NONE OF THAT MATTERS NOW. IT'S JUST US, DEAR!
OH, LARRY, DO YOU MEAN IT? COULD WE...?
YES, BUT
I SHOULD WARN YOU, THE WEEKLY PAPER LET ME GO. I'M PENNILESS.
I'M SORRY! BUT IT'S OKAY. I'M UNDER INDICTMENT FOR MY ACCOUNTING PRACTICES
TO HELL WITH OUR INDICTMENTS AND TROUBLES!
OBAMA HAS MADE US ONE!
EVERYTHING IS HAPPENING SO FAST—BUT I DON'T CARE!
I GIVE 'EM TWO WEEKS
THOSE YOUNG LOVERS WON'T HAVE IT EASY, BUT BY GOD I HOPE THEY MAKE IT!

© 2009 TROUBLETOWN.com

TED RALL

ADVENTURES OF OBAMAMAN
The Somewhat Super Hero who Doesn't Save the Day But Partly Alleviates It
OBAMAMAN IS APPLYING HIS MEDICAL SKILLS TO AN ACCIDENT VICTIM WHEN HE GETS A CALL ABOUT AN URGENT CRISIS
A BAND-AID? THIS MAN HAS BEEN DECAPITATED!
HOLY ECONOMIC MELTDOWN! I'M ON MY WAY
EVENTUALLY
SORRY IT TOOK SO LONG TO GET HERE. I TOOK MASS TRANSIT
HELP! THERE'S A $3 TRILLION "OUTPUT GAP" IN THE U.S. ECONOMY. WE COULD LOSE 30 MILLION JOBS!
THIS PLAN WILL ONLY FIX 1/5 OF THE PROBLEM
NO NEED TO THANK ME. GOTTA GO. A METEOR HEADED TOWARD EARTH NEEDS TO BE SLIGHTLY SLOWED DOWN!
TED RALL
1 26 09

RED MEAT

gelatin flooring for your wiggle room

from the secret files of
Max Cannon

I got me a manager, an agent and some nice professional photos of myself. Now there's only [illegible] between me and my [illegible] as the next big hollywood action star
Stark cold reality

free will astrology

BY ROB BREZSNY

January 22–28

ARIES (March 21-April 19): In *The Devil's Dictionary*, Ambrose Bierce defines history as follows: "an account mostly false, of events mostly unimportant, which are brought about by rulers, mostly knaves, and soldiers, mostly fools." Bear that in mind as you interpret what I mean by the following: You won't make history in the coming weeks. Instead, you will help generate an interesting and important story that will involve unfamous people who have little political power or military skill but have a great deal of potent grace and nuanced strength and soulful intelligence.

TAURUS (April 20-May 20): "Dear Rob: Are you holding back some painful truth from us Tauruses? I feel like you're going too easy on us, and as a result I'm missing some clue I desperately need. Please tell us what it is so we can face it and get on with life. —Semi-Elegant Bull in a China Shop." Dear Semi-Elegant: I'm not aware of having withheld a painful truth from you Tauruses. The only thing I can think of is that maybe I haven't been forceful or clear enough in saying the following: One of your primary tasks is to study hard and think deeply as you learn more about how to create peace and serenity in your life.

GEMINI (May 21-June 20): Kenneth Koch wrote the poem "The Boiling Water." Read this excerpt: "A serious moment for the water is when it boils / And though one usually regards it merely as a convenience / To have the boiling water available for bath or table / Occasionally there is someone around who understands / The importance of this moment for the water — maybe a saint, / Maybe a poet, maybe a crazy man, or just someone temporarily disturbed / With his mind 'floating,' in a sense, away from his deepest / Personal concerns to more 'unreal' things." In the weeks ahead, Gemini, I encourage you to be one of those crazy floaters — someone who tunes in to the serious moments that are normally outside your personal concerns. You need a strong dose of the hidden reality behind the obvious reality.

CANCER (June 21-July 22): "When I grow up," writes Ramona McNabb, "I want to be a river." In the coming year, that would be a worthy aspiration for you as well, Cancerian. You'd generate a flood of benefits, some unexpected, by cultivating your ability to be perfectly yourself as you flow ever onward in rhythm with the sky and earth, unimpeded by the fluctuations of light and darkness, and in love with the ceaseless movement of your own strong currents.

LEO (July 23-Aug. 22): For the citizens of Switzerland, it's immoral to absentmindedly pluck wildflowers out of the ground and throw them aside. That's because this enlightened country has a Bill of Rights for plants. The 22-page document, drawn up by a panel of theologians, philosophers, geneticists and lawyers, strongly urges respect for the feelings and dignity of all vegetation. I wish you would think about including this mindset in your ethical code, Leo. It's high time for you to expand and refine your sense of right and wrong — not just in relation to plants but to everyone and everything in the world.

VIRGO (Aug. 23-Sept. 22): "Many people feel guilty about things they shouldn't feel guilty about," wrote journalist Sydney J. Harris, "in order to shut out feelings of guilt about things they should feel guilty about." Your assignment is to figure out whether this description applies to you. If it does, be brave as you expose the truly guilt-worthy stuff you've repressed. Helpful cosmic energies will flow your way if you uncover what you need to atone for and then atone for it.

LIBRA (Sept. 23-Oct. 22): While working on his first draft of the Declaration of Independence, Thomas Jefferson hung out at a tavern in Philadelphia and drank beer. While contemplating how best to motivate you Libras to seek more autonomy and self-determination, I was strolling along a California beach sipping a pina colada and watching windsurfers. In the grand tradition of Jefferson and me, I hope you will put yourself in a relaxed and playful mood as you dream and scheme about all the things you could do to emancipate yourself in the coming months. For God's sake, don't make it a grave and ponderous meditation.

SCORPIO (Oct. 23-Nov. 21): If you use a cell phone, you have in your possession a metal called coltan, a component that's essential to the phone's function. Most of the world's coltan comes from the Congo, and is mined by Rwandans who survived their country's genocide in the 1990s. They often work for militias that sell coltan illegally to finance their military operations. It so happens that the land where this metal lies is also the home of the mountain gorilla, an endangered species that is being decimated as the miners and militias kill them for food and savage their habitat. Keep this in mind the next time you call a friend. While you're at it, Scorpio, use Google and your imagination to meditate on the origins of all the important resources in your life. It's prime time to know more about their origins. You will benefit from getting familiar with the roots of whatever gives you power.

SAGITTARIUS (Nov. 22-Dec. 21): Ninety-seven percent of all youth play video games, dwarfing the number of kids who participate in activities like basketball, track and javelin throwing. That's why I'm an advocate of making video games an Olympic sport. We should recognize where the real future of competitive sports lies. I mention this, Sagittarius, because it would be a good time for you to start upgrading your video game prowess in preparation for a possible berth in the 2012 or 2016 Olympics. In fact, the moment is right to plan on getting the training you'd need to become a master of any skills that may eventually win you rewards, even if they're not yet getting their rightful due from our culture.

CAPRICORN (Dec. 22-Jan. 19): Most art critics long regarded Gustav Klimt (1862-1918) as a second-tier modern painter, writes Don Thompson in his book *The $12 Million Stuffed Shark*. But that estimation got upgraded in 2006, when one of Klimt's paintings sold for $135 million. Art history was rewritten with a checkbook, says Thompson. According to my reading of the astrological omens, there's a possibility that your worth will also jump to a higher octave in 2009, Capricorn. But unlike Klimt, who didn't do anything new, you'll have to take action to earn your rise in status. How? Some suggestions: 1. Practice forgiveness with more intensity. 2. Be more tolerant of imperfection in yourself and others. 3. Expand your capacity to give.

AQUARIUS (Jan. 20-Feb. 18): In the ancient Chinese book *Poets' Jade Splinters*, Lu Ji says, "Avoid the morning flower in full blossom and gather instead evening buds which are not yet open." He's telling his fellow poets not to rely on what has already ripened, but rather to concentrate on what's still in embryonic form. Lu Ji's colleague Seng Zipeng adds a complementary thought: "If you always use a compass to draw a circle and a ruler to draw a square, you will always remain a slave." Both Lu Ji's and Seng Zipeng's counsel will work very well for you in the coming year, Aquarius, even if you're not a poet.

PISCES (Feb. 19-March 20): Once every few years, a panel of Hindu and Buddhist judges in Nepal chooses a new "living goddess," a young girl who serves, until she reaches puberty, as an incarnation of the deity Taleju. One of the tests each candidate must pass in order to be eligible for the role is this: She must show no fear as she spends a night alone in a room filled with the bloody heads of ritually killed buffaloes and goats. I'd like you to consider the possibility of carrying out a more humane equivalent of that ceremony, Pisces. For one night, keep symbols of what you're afraid of in the place where you sleep. To do so would be an excellent way to earn the right to graduate to the next level of your spiritual evolution.

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RATINGS
★ — refund, please
★★ — could've been worse, but not a lot
★★★ — has its moments; so-so
★★★★ — smarter than the average bear
★★★★★ — as good as it gets

Ratings assigned to movies not reviewed by Rick Kisonak or Margot Harrison are courtesy of Metacritic.com, which averages scores given by the country's most widely read reviewers.

movie reviews

Frost/Nixon ★★★★★

TRICKY DICTION **In Howard's latest, the disgraced former president attempts to spin and parse his way back into the American people's good graces**

In addition to being a fine director, Ron Howard is a good sport. Between adaptations of Dan Brown bestsellers *The Da Vinci Code* (2006) and *Angels & Demons* (slated for May 2009), the filmmaker has been thoughtful enough to grace us with something infinitely riskier and, for the audience at any rate, far more rewarding. *Frost/Nixon* may just be the past year's most entertaining piece of mainstream cinema.

Based on Peter (*The Queen*) Morgan's acclaimed London and Broadway play, the movie recreates (and occasionally augments) events surrounding David Frost's 1977 series of interviews with Richard Nixon, the first he'd given since resigning from office nearly three years earlier. Michael Sheen and Frank Langella reprise their stage roles, and the work both actors do is award worthy.

Howard, of course, has a knack for real-life drama. *Apollo 13* and *A Beautiful Mind* are among his best, but *Cinderella Man* may be closest in spirit to his latest, given its gladiatorial subtext. As the film gets underway, we are given to understand that popular English television host Frost has fallen on hardish times. His syndicated American talk show has been canceled, and the program he's doing in Australia is on its way to meeting the same fate.

That's when the real Frost came up with the plan that would put him back on top. Members of the press establishment scoffed at the notion of this jet-setting playboy sitting across from the controversial former president, and the networks balked, but Frost wouldn't take no for an answer. He paid Nixon $600,000 — largely out of his own pocket — hustled the commercial time himself, rounded up a producer and team of researchers, and then assembled his own syndication deal. Nothing like it had ever been done in the history of broadcasting.

Howard and Morgan permit themselves a modicum of poetic license in places. The chronology of the four interviews, for example, has been tweaked to lend them a suspense-building sports-match tension, and the effect is mesmerizing. A few scenes (such as one featuring a rambling late-night phone call to Frost from an intoxicated, self-pitying Nixon) are total inventions, but they feel as psychologically and emotionally accurate as anything recorded on tape between the two men. You needn't know a thing about American history to find the movie fascinating.

That's because Sheen and Langella convey everything you need to know about these unlikely sparring partners through their brilliantly crafted performances. Langella channels his paranoid, lonely, megalomaniac character, never for an instant merely imitating him. As was the case in 2007's *Starting Out in the Evening*, the actor is at the absolute top of his game.

Sheen's performance is equally inspired. Anyone who remembers watching Frost on TV is likely to find the man behind the scenes a far more nuanced figure than his on-screen persona suggested. He loves beautiful women, is almost as fond of his fashionable wardrobe, and parties like he's paid to — but he works tirelessly and is a quick study. The Frost we meet here isn't a gotcha showboat. Sheen convinces the viewer he wants to maneuver Nixon into an apology to the American people in large part because he comes to care about the man and believes sincerely that "unless you say it, you're going to be haunted for the rest of your life."

The dynamic between the two as the cameras roll is spellbinding, their exchanges as white-knuckling as any of the confrontations in the ring Howard choreographed for *Cinderella Man*. A first-rate cast of secondary players only adds to the depth and richness of the drama. Kevin Bacon is superb as the ex-president's right-hand man, former Marine Jack Brennan, and so are Toby Jones in the role of his agent, Swifty Lazar, and Kate Jennings Grant as stalwart Nixon press assistant Diane Sawyer. Given Sawyer's place in TV journalism today, it's intriguing to watch her send death rays in Frost's direction.

On the other side, the always watchable Oliver Platt and Sam Rockwell play Bob Zelnick and James Reston, journalists who teamed up with Frost to unearth Watergate dirt that would catch their interview subject off guard and, in Reston's words, "give Richard Nixon the trial he never had." They're like a latter-day Woodward and Bernstein.

He's never mentioned by name, naturally, but the specter of another disgraced commander-in-chief makes a cameo appearance. Howard reminds us of history's tendency to repeat itself (if we let it) when he plays footage of civilian casualties inflicted during the invasion of Cambodia. Frost reminds Nixon that "one of the principal justifications you gave for the incursion was the supposed existence of the headquarters of the entire communist military operation — which proved not to exist at all." Sound familiar?

David Frost is still active. How cool would it be to see him sit across from Dubya one of these days and give *him* the trial he never had? That's one sequel I'd give anything to see.

RICK KISONAK

Notorious ★★★

B.I.G. LOVE **Jamal Woolard incarnates the late legendary rapper in a film aimed at fans**

There's an allure about artists with criminal records — from medieval poet François Villon to gangsta rappers. Their stories seem to offer both gritty realism and the promise of redemption through creativity. In today's world of coldly test-marketed entertainment, it's especially refreshing to find artists who live the stories they tell — and die by them.

So why is this movie about the life and death of The Notorious B.I.G. (a.k.a. Biggie Smalls, a.k.a. Christopher Wallace, 1972-1997) sort of boring? The answer is simple, like the movie: because the script made it that way. For all the on-screen blunt-smoking, nudity and cussing, this film about the rapper whose "East Coast/West Coast" feud with Tupac Shakur left them both dead offers few insights you wouldn't find in a *diva* biopic on Lifetime. In brief: Family is important. Fame corrupts. And finally, when a man croons reassuringly to a woman, "Don't worry, baby, I *got* you," she should expect him to cheat on her within the week.

Directed by George Tillman Jr., who wrote and directed *Soul Food* and produced the popular *Barbershop* series, *Notorious* has a certain amount of jumpy kinetic energy. It depicts Biggie's native Brooklyn in stylishly desaturated colors, and sometimes captures the buzz of street life. Mostly, though, it stays focused on the main narrative, in which a plump, bespectacled Catholic schoolboy named Chris discovers he can raise his cool quotient by selling crack. A few years later, Biggie (now played by Jamal Woolard) wins a rap battle on the street, and his friends encourage him to record a demo. One even utters the classic line "I know people who know people" — only now it's "I know muthafuckas who know muthafuckas."

Woolard comes alive onstage, and the film's best scenes recreate Biggie's performances, with Tillman's camera darting into the audience to convey its volatile moods. Offstage, though, he's not that strong a personality, despite his hulking physical presence. One funny scene captures Biggie's unorthodox method of composition. ("Get me some Diet Pepsi. And some weed. And some females," he orders an underling as he prepares for an all-nighter.) Mostly, though, the star's life comes off as a succession of ill-fated romantic relationships and scoldings from his single mom (Angela Bassett, wasted here), who just wants him to be a nice, responsible boy.

In short, it's the sort of portrait where the supporting figures seem more interesting than the star. As producer Sean "Puffy" Combs, Derek Luke looks nothing like Diddy, but he raises questions about what happens when street art becomes big business. Naturi Naughton fizzes with anger as Lil' Kim, the girlfriend whom Biggie helps shape into a sexy superstar. Her story poses even tougher questions about the role of women in hip-hop, as she mutates from a tentative versifier into a scary stage siren who doesn't mind being a ho as long as she can set her price. Now *there's* a subject for a biopic — but Lil' Kim's still alive and, like Diddy, busy embarrassing herself on reality TV.

Then there's Tupac. As Biggie's voiceover struggles to capture the firebrand's contradictions, it's hard not to wish we could hear more about him — but, hey, there are other books and movies for that. This film doesn't wade into the debates surrounding both deaths. It simply portrays B.I.G. as a guy who was pulled into the orbit of a mad genius and forced to live out a "feud" that was part hype. (A montage of anonymous fans suggests the bitter grassroots of the East-West rivalry but doesn't provide any larger context.)

Given that Biggie was slain at 24, screenwriters Reggie Rock Bythewood and Cheo Hodari Coker practically have to huff and puff to give his story a semblance of upbeat resolution. By the end, he's become a role model to anyone who wants to give a voice to the streets — just as, by the end of *Milk*, Harvey Milk is a role model to young gay men everywhere.

There's nothing wrong with role models. But once in a while, it would be nice to see a biopic about someone who died young with all his or her warts intact.

MARGOT HARRISON

<movieclips>

PREVIEWS

FROST/NIXON★★★★★ Frank Langella and Michael Sheen reprise their stage roles in Ron Howard's adaptation of Peter Morgan's award-winning play about events surrounding the historic series of television interviews David Frost conducted with Richard Nixon in 1977. Rebecca Hall, Toby Jones, Oliver Platt and Sam Rockwell costar. (122 min, R. Essex, Palace, Roxy)

INKHEART A young girl and her father run into trouble when they find they have the power to bring literary characters to life in this fantasy based on the novel by Cornelia Funke. Brendan Fraser and Eliza Hope star. Iain (K-Pax) Softley directs. (105 min, PG. Essex, Majestic, Palace)

REVOLUTIONARY ROAD Kate Winslet and Leonardo DiCaprio — together again. Of course, the couple they play in Sam Mendes' big-screen version of Richard Yates' scathing novel about 1950s suburban life doesn't get along quite as swimmingly as the pair they played last time around. With Kathy Bates and Michael Shannon. (119 min, R. Capitol, Roxy)

THE WRESTLER Mickey Rourke makes a stunning comeback in this gritty saga chronicling the struggles of a past-his-prime pro wrestler. Marisa Tomei and Evan Rachel Wood costar. Darren Aronofsky directs. (109 min, R. Palace)

UNDERWORLD: RISE OF THE LYCANS Rhona Mitra takes over for series-weary Kate Beckinsale in this prequel featuring the spectacle of Michael Sheen (Frost in *Frost/Nixon*) playing a werewolf intent on killing the father of the young vampire with whom he's in love. Bill Nighy costars. Patrick Tatopoulos directs. (92 min, R. Bijou, Essex, Majestic, Paramount, Welden)

SHORTS

BEDTIME STORIES★1/2 Adam Sandler plays a handyman who discovers that all the tall tales he tells his niece and nephew are actually coming true in this Disney comedy from director Adam (*Hairspray*) Shankman. With Keri Russell, Russell Brand, Guy Pearce and Lucy Lawless. (99 min, PG. Bijou, Capitol, Essex, Majestic)

BOLT★★★1/2 Hollywood's latest displaced-dog-has-to-make-its-way-home saga concerns the amazing animated journey of a canine who plays a pup with superpowers on a hit TV show. Featuring the voices of John Travolta, Miley Cyrus and Malcolm McDowell. Directed by Chris Williams. (96 min, PG. Majestic, Palace)

BRIDE WARS★1/2 Sell out alert! Formerly promising indie filmmaker Gary (*Tadpole*) Winick goes mondo mainstream with this comedy about two women whose friendship is put in jeopardy when they choose the same day for their weddings. Starring Kate Hudson and Anne Hathaway. (94 min, PG. Essex, Majestic, Palace, Paramount, Welden)

DEFIANCE★★1/2 Daniel Craig stars in Edward (*Blood Diamond*) Zwick's fact-based account of four brothers who formed a partisan force against the Nazis in 1941 and sheltered more than 1000 hunted Jews in the forests of Poland. With Liev Schreiber, Jamie Bell and Alexa Davalos. (137 min, R. Palace)

DOUBT★★★1/2 It's a Battle of the Thespians. Meryl Streep squares off against Philip Seymour Hoffman in this tale of a nun in a 1964 Catholic school who wonders if she's pinned a popular priest guilty of wrongdoing. John Patrick Shanley directs, from a screenplay based on his acclaimed play. With Amy Adams. (104 min, PG-13. Roxy)

GRAN TORINO★★★ Clint Eastwood directs, scores and stars in this drama about a bigoted Korean War vet who befriends a Hmong teen and his multigenerational family. With Bee Vang, Ahney Her and Christopher Carley. (118 min, R. Capitol, Essex, Majestic, Palace, Roxy, Stowe)

HOTEL FOR DOGS★★1/2 The canine trend in American film comedy continues with this adaptation of the Lois Duncan novel in which a pair of orphaned siblings convert a closed hotel into a sanctuary for strays. Emma Roberts and Jake T. Austin star. Thor Freudenthal makes his directorial debut. (100 min, PG. Bijou, Capitol, Essex, Majestic, Marquis, Palace, Stowe, Welden)

LAST CHANCE HARVEY★★★ Dustin Hoffman and Emma Thompson play two lonely people who meet and discover — you guessed it — their last chance at love in this intergenerational rom-com set in London. Joel Hopkins wrote and directed. With Eileen Atkins and Kathy Baker. (99 min, PG-13. Capitol, Roxy)

MARLEY AND ME★★1/2 Owen Wilson and Jennifer Aniston play a professional couple who take a big handful of yellow Lab into their lives in this adaptation of John Grogan's bestselling memoir. With Alan Arkin. David Frankel directs. (123 min, PG. Capitol, Essex, Majestic, Palace, Welden)

MILK★★★1/2 Sean Penn stars in Gus Van Sant's drama about the life and tragic death of San Francisco politician Harvey Milk, the first openly gay man ever elected to public office in this country. With Josh Brolin, Emile Hirsch and James Franco. (128 min, R. Palace)

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BEHIND THE LINES

We've got an all new version of our game for you this week. Here are eight well-known lines of dialogue from eight equally well-known films. Your assignment is to match the fighting words to the movie in which they were heard.

1. "Submission — that's a bit of a problem." ______
2. "They are saying goodbye in their own way. Playing outlawed tunes on outlawed pipes." ______
3. "On my signal, unleash hell!" ______
4. "It's like finding a needle in a stack of needles." ______
5. "For 500 bucks a month, I'll kill whoever you want. But keep one thing in mind: I'd happily kill you for free." ______
6. "War is young men dying and old men talking." ______
7. "We who have seen war will never stop seeing it. In the silence of the night we will always hear the screams." ______
8. "I wish they wouldn't land those things here while we're playing golf." ______

A. *SAVING PRIVATE RYAN*
B. *WE WERE SOLDIERS*
C. *300*
D. *TROY*
E. *M*A*S*H*
F. *THE LAST SAMURAI*
G. *BRAVEHEART*
H. *GLADIATOR*

LAST WEEK'S WINNER

SETH JARVIS

LAST WEEK'S ANSWERS

1. *BURN AFTER READING*
   Murder
2. *PRIDE AND GLORY*
   Obstruction of justice
3. *BLOW*
   Drug dealing
4. *BEFORE THE DEVIL KNOWS YOU'RE DEAD*
   Extortion

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Ratings assigned to movies not reviewed by Rick Kisonak or Margot Harrison are courtesy of Metacritic.com, which averages scores given by the country's most widely read reviewers.

MY BLOODY VALENTINE★★1/2 Jensen Ackles, Jaime King and Kerr Smith star in this remake of the 1981 slasher chestnut about a dead coal miner who returns from the grave with a pick-axe and a really bad attitude. Hmm. Mid-January — innovative concept for a release date. Directed by Patrick (*White Noise 2*) Lussier. (101 min, R. Essex, Majestic)

NOTORIOUS★★★1/2 George (*Soul Food*) Tillman Jr. brings us this biopic chronicling the life and death of the East Coast rapper Notorious B.I.G. Jamal Woolard, Derek Luke and Angela Bassett star. (122 min, R. Essex, Palace)

PAUL BLART: MALL COP★★ Kevin James plays a New Jersey shopping center security guard forced to save a group of hostages without the aid of a gun or actual police training. Costarring Jayma Mays and Keir O'Donnell. Directed by Steve (*Daddy Day Care*) Carr. (91 min, PG. Bijou, Capitol, Essex, Majestic, Marquis, Palace, Welden)

SLUMDOG MILLIONAIRE★★★1/2 In this fanciful drama from Danny (*Trainspotting*) Boyle, Dev Patel plays a kid from the slums of Mumbai whose painful life experiences help him win big on "Who Wants to Be a Millionaire?" With Anil Kapoor and Freida Pinto. (120 min, R. Majestic, Roxy, Savoy, Stowe)

THE CURIOUS CASE OF BENJAMIN BUTTON★★1/2 Brad Pitt is a man born with the unique problem of aging backwards in this historically sweeping adaptation of F. Scott Fitzgerald's short story, directed by David (*Fight Club*) Fincher from a screenplay by Eric (*Forrest Gump*) Roth. With Cate Blanchett and Tilda Swinton. (167 min, PG-13. Capitol, Essex, Majestic, Merrill's, Palace, Roxy, Stowe, Welden)

THE DARK KNIGHT★★★★ Christopher Nolan directs this follow-up to *Batman Begins* in which the caped crusader faces off against the Joker. Don't expect any new scenes in this theatrical re-issue, but it is a chance to savor Heath Ledger's posthumous Golden Globe win. With Christian Bale, Michael Caine, Aaron Eckhart, Gary Oldman and Maggie Gyllenhaal. (152 min, PG-13. Majestic)

THE READER★★★ In this adaptation of Bernhard Schlink's novel, a postwar German teen has a passionate encounter with an older woman that forces him to ponder his relationship to the Nazi past. With Kate Winslet, David Kross and Ralph Fiennes. Stephen (*The Hours*) Daldry directs. (123 min, R. Roxy)

THE TALE OF DESPEREAUX★★1/2 Kate DiCamillo's award-winning children's book about "a mouse, a princess, some soup and a spool of thread" comes to the screen in this animation directed by Sam Fell and Rob Stevenhagen. With the voices of Matthew Broderick, Dustin Hoffman, Emma Watson, Tracey Ullman, William H. Macy, Richard Jenkins and a bunch of other respected thespians. (94 min, G. Majestic, Palace)

THE UNBORN★1/2 From writer-director David S. Goyer (*The Invisible*) comes this suspense thriller in which a young woman is tormented by the spirit of her unborn twin brother, who intends to use his sister's death as a gateway to earthly existence. Also something about a family curse. Oh, and Nazis. Odette Yustman and Gary Oldman star. (85 min, PG-13. Bijou, Essex, Majestic, Paramount)

TWILIGHT★★★ A teenaged girl falls for a hunky vampire in this action-packed romance from *Thirteen* director Catherine Hardwicke, based on the bestselling Stephenie Meyer novel. With Kristen Stewart, Robert Pattinson and Billy Burke. (120 min, PG-13. Majestic)

VALKYRIE★★★ Tom Cruise plays Col. Claus von Stauffenberg, a German officer who hatched a daring last-ditch plan to take out Hitler, in this historical thriller from Bryan (*The Usual Suspects*) Singer. With Kenneth Branagh and Carice Van Houten. (120 min, PG-13. Bijou, Essex, Majestic, Welden)

YES MAN★★1/2 Jim Carrey stars in a comedy based on one of those gimmicky memoirs — this one about a guy who decides to turn his negative attitude upside down by saying yes to everything. Peyton (*Down With Love*) Reed directs. With Zooey Deschanel, Rhys Darby and Bradley Cooper. (104 min, PG-13. Majestic)

NEW ON VIDEO

CITY OF EMBER★★★ Gil (*Monster House*) Kenan directs this sci-fi fantasy about a glittering underground society illuminated by means of a giant generator, and growing steadily darker as the machine runs out of juice. Starring Bill Murray, Tim Robbins, Saoirse Ronan and Mary Kay Place. (95 min, PG)

HENRY POOLE IS HERE★★ Luke Wilson heads the cast of this dramedy about a young man who receives bad news during a routine doctor's visit and promptly proceeds to look for the meaning of life. George Lopez and Cheryl Hines also appear. Mark (*Arlington Road*) Pellington directs. (100 min, PG)

IGOR★★ John Cusack, Steve Buscemi and John Cleese lend their voices to this computer-generated saga of a hunchbacked lab assistant who dreams of someday becoming a scientist instead of just working for one. Directed by Tony Leondis. (86 min, PG)

MAX PAYNE★1/2 Mark Wahlberg stars in this video-game-based thriller about a maverick cop intent on avenging the murders of his family and his partner. With Mila Kunis and Beau Bridges. Directed by John (*Behind Enemy Lines*) Moore. (99 min, PG-13)

SAW V★1/2 The blood continues to flow in the torture porn franchise's fifth installment. This time around, a former detective picks up where the sadistic Jigsaw left off and continues in his psycho tradition. With Tobin Bell, Julie Benz and Costas Mandylor. Directed by David Hackl. (95 min, R)

THE CHILDREN OF HUANG SHI★★1/2 Roger Spottiswoode directs this fact-based drama about the daring rescue of 60 orphaned children by three unlikely allies in the war-torn China of the 1930s. Starring Radha Mitchell, Jonathan Rhys Meyers and Chow Yun Fat. (114 min, R)

THE EXPRESS★★★ In this football biopic, Rob Brown plays Ernie Davis, a Syracuse running back who in 1961 became the first black man to win the Heisman Trophy. With Dennis Quaid. Gary Fleder directs. (129 min, PG)

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93 State Street, Montpelier 229-0343

wednesday 21 — thursday 22
Paul Blart: Mall Cop 6:30, 9 **Hotel for Dogs** 6:30, 9 **Gran Torino** 6:30, 9 **Marley and Me** 6:30, 9 **The Curious Case of Benjamin Button** 6:15 **Bedtime Stories** 6:15

friday 23 — thursday 29
***Revolutionary Road** 1:30 (Sat & Sun), 6:30, 9 **Last Chance Harvey** 1:30 (Sat & Sun), 6:30, 9 **Gran Torino** 1:30 (Sat & Sun), 6:30, 9 **Paul Blart: Mall Cop** 1:30 (Sat & Sun), 6:30, 9 **Hotel for Dogs** 1:30 (Sat & Sun), 6:15 **The Curious Case of Benjamin Button** 8:15

See www.fgbtheaters.com

ESSEX CINEMA
Essex Shoppes & Cinema, Rt. 15 & 289, Essex 879-6543

wednesday 21 — thursday 22
Bedtime Stories 12:15, 2:30, 4:45, 7 **Bride Wars** 12:30, 2:40, 4:45, 7, 9:25 **Gran Torino** 12:10, 2:35, 5, 7:25, 9:50 **Hotel for Dogs** 12:40, 3:15, 7:30, 9:40 **Marley and Me** 12:15, 2:45, 5:10, 7:35 **My Bloody Valentine** 12:45, 2:50, 5:10, 7:15, 9:30 **Paul Blart: Mall Cop** 12:20, 2:40, 5, 7:10, 9:15 **The Curious Case of Benjamin Button** 1, 4:30, 7:45 **The Unborn** 10 **Valkyrie** 9:20

friday 23 — thursday 29
***Frost/Nixon** 12, 2:30, 5, 7:30, 10 ***Inkheart** 12:20, 2:35, 4:50, 7:10, 9:25 ***Underworld: Rise of the Lycans** 12:30, 2:50, 4:50, 7, 9:20 **Bride Wars** 12:10, 2:10 **Gran Torino** 12:10, 2:35, 5, 7:25, 9:50 **Hotel for Dogs** 12:15, 2:30, 4:45, 7 **Marley and Me** 12:15, 4:45 **My Bloody Valentine** 2:45, 7:25, 9:40 **Notorious** 4:15, 6:50, 9:20 **Paul Blart: Mall Cop** 12:20, 2:40, 5, 7:10, 9:15 **The Curious Case of Benjamin Button** 9:15

Times subject to change. See www.essexcinemas.com

MAJESTIC 10
Maple Tree Place, Taft Corners, Williston 878-2010

wednesday 21 — thursday 22
Paul Blart: Mall Cop 12:40, 2:45, 4:50, 7:15, 9:30 **Hotel for Dogs** 1, 3:20, 6:25, 8:45 **My Bloody Valentine** 3:30, 7:25, 9:45 **Bride Wars** 12:45, 2:50, 4:55, 7, 9:10 **Gran Torino** 1:25, 4, 6:50, 9:35 **The Unborn** 3, 5:05, 7:20, 9:40 **Marley and Me** 1:05, 3:50, 6:40, 9:25 **The Curious Case of Benjamin Button** 1:10, 4:30, 8 **Bedtime Stories** 12:40, 5, 7:10, 9:20 **Valkyrie** 3:40, 8:50 **Yes Man** 1:15, 6:30 **The Tale of Despereaux** 12:55 **Twilight** 12:50 **Bolt** 2:55

friday 23 — thursday 29
***Inkheart** 1, 3:30, 6:30, 8:55 ***Underworld: Rise of the Lycans** 1:30, 4:20, 7:20, 9:40 **Slumdog Millionaire** 1:10, 3:50, 6:40, 9:25 **The Dark Knight** 8:45 **Hotel for Dogs** 12:40, 3:10, 6:20 **Paul Blart: Mall Cop** 12:45, 2:50, 4:55, 7:15, 9:30 **Bride Wars** 1:25, 3:40, 6:35, 8:40 **Gran Torino** 1:15, 4, 7, 9:35 **The Unborn** 9:40 **Marley and Me** 1:05, 3:45, 6:50 **The Curious Case of Benjamin Button** 4:45, 8:10 **Bedtime Stories** 12:40, 2:40 **Valkyrie** 9:30 **The Tale of Despereaux** 1:20 **My Bloody Valentine** 4:10, 7:10

Times subject to change. See www.majestic10.com

MARQUIS THEATER
Main St., Middlebury 388-4841

wednesday 21 — thursday 22
Paul Blart: Mall Cop 7 **Hotel for Dogs** 7

friday 23 — thursday 29
The Curious Case of Benjamin Button 7 **Paul Blart: Mall Cop** 3 (Sat & Sun), 6 & 8:30 (Fri & Sat), 7 (Sun-Thu) **Hotel for Dogs** 2:30 & 4:45 (Sat & Sun)

MERRILL'S ROXY CINEMA
College Street, Burlington 864-3456

wednesday 21 — thursday 22
Last Chance Harvey 1:25, 3:40, 7:15, 9:25 **Slumdog Millionaire** 1:05, 3:50, 6:55, 9:20 **The Reader** 1, 3:35, 6:35, 9:10 **Doubt** 1:30, 3:55, 7:05, 9:15 **Gran Torino** 1:15, 4, 6:45, 9:30 **The Curious Case of Benjamin Button** 2, 6:15, 9:15

friday 23 — thursday 29
***Revolutionary Road** 1, 3:45, 7, 9:25 ***Frost/Nixon** 1:30, 3:55, 6:30, 9:15 **Slumdog Millionaire** 1:05, 3:50, 6:50, 9:20 **Last Chance Harvey** 1:25, 3:40, 7:20, 9:10 **Gran Torino** 1:15, 4, 6:40, 9:30 **The Reader** 1:10, 8:35 **Doubt** 3:40, 6:15

Times subject to change. See www.merrilltheatres.net.

PALACE CINEMA 9
Fayette Road, South Burlington 864-5610

wednesday 21 — thursday 22
The Metropolitan Opera Presents Puccini's La Rondine 7 (Wed) **Defiance** 12:45, 3:45, 6:40, 9:30 **Notorious** 4:05, 6:55, 9:30 **Hotel for Dogs** 10:30 a.m. (Thu), 1:45, 4:10, 6:25, 8:40 **Paul Blart: Mall Cop** 12:45, 2:50, 4:55, 7:05, 9:15 **Gran Torino** 1:30, 4:15, 6:50, 9:20 **Marley and Me** 12:50, 3:40, 6:30 & 9:05 (Thu only) **Milk** 1, 3:50, 6:35, 9:15 **The Curious Case of Benjamin Button** 4, 7:45 **The Tale of Despereaux** 1:50 **Bolt** 1:35 **Bride Wars** 10:30 a.m. (Thu), 1:20, 3:35, 7, 9:10

friday 23 — thursday 29
The Metropolitan Opera Presents Gluck's Orfeo ed Euridice 1 (Sat only) ***The Wrestler** 1:10, 3:55, 7, 9:30 ***Frost/Nixon** 10:30 a.m. (Thu), 12:55, 3:40, 6:45, 9:25 ***Inkheart** 10:30 a.m. (Thu), 1:25, 4, 6:30, 8:50 **Milk** 3:50, 6:35, 9:15 **Defiance** 12:45, 3:45, 6:40, 9:30 **Notorious** 3:35, 8:45 **Gran Torino** 1:30, 4:15, 6:50, 9:20 **Hotel for Dogs** 1:35, 4:10, 6:25 **Marley and Me** 1 **Paul Blart: Mall Cop** 12:45, 2:50, 4:55, 7:05, 9:10 **Bride Wars** 1:20 (except Sat), 6:30 **The Curious Case of Benjamin Button** 8:35

Times subject to change. See www.palace9.com

PARAMOUNT TWIN CINEMA
241 North Main Street, Barre 479-4921

wednesday 21 — thursday 22
Bride Wars 7 **The Unborn** 7

friday 23 — thursday 29
***Underworld: Rise of the Lycans** 1:30 (Sat & Sun), 6:30, 8:45 **Bride Wars** 1:30 (Sat & Sun), 6:30 **The Unborn** 8:45

See www.fgbtheaters.com.

THE SAVOY THEATER
Main Street, Montpelier 229-0509

wednesday 21 — thursday 29
Slumdog Millionaire 1:30 (Sat & Sun), 4 (Fri-Sun), 5 & 7:30 (Mon-Thu), 6:30 & 8:45 (Fri-Sun)

See www.savoytheater.com

STOWE CINEMA 3 PLEX
Mountain Rd., Stowe 253-4678

wednesday 21 — thursday 22
Hotel for Dogs 7, 9 **Gran Torino** 7, 9:15 **The Curious Case of Benjamin Button** 7:30

friday 23 — thursday 29
Slumdog Millionaire 2:30 & 4:40 (Sat & Sun), 7, 9:15 **Hotel for Dogs** 2:30 & 4:30 (Sat & Sun), 7, 9 **Gran Torino** 2:30 & 4:40 (Sat & Sun), 7, 9:15

WELDEN THEATER
104 No. Main St., St. Albans, 527-7888

wednesday 21 — thursday 22
Hotel for Dogs 7 **Paul Blart: Mall Cop** 7 **Bride Wars** 7

friday 23 — thursday 29
***Underworld: Rise of the Lycans** 4 (Sat & Sun), 7 (all week), 9 (Fri-Sun) **Hotel for Dogs** 2 & 4 (Sat & Sun), 7 (Fri-Sun) **Paul Blart: Mall Cop** 2 (Sat & Sun), 7 (all week), 9 (Fri-Sun) **The Curious Case of Benjamin Button** 2 (Sat & Sun), 7 (Mon-Thu), 9 (Fri-Sun)

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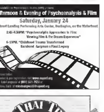
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THINK SMALL
EatingWell doles out a diet book P 03B

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'SILENTS ARE GOLDEN'
Friday January 23, at All Souls Interfaith Gathering in Shelburne P 10B

<personals>

FUNNY, SMART, ADVENTUROUS, DEFIANT
Woman seeking man Native Vermonter content in her singleness seeks friend/companion to see music & explore the outdoors & trade sarcastic witticisms with P 20B

<music> AVI & CELIA

[illegible]day at Montpelier's Langdon [illegible] [illegible]mokehouse in Waitsfield and Satur[illegible] at Nec[illegible] [illegible]08B

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- **Kingdom Outdoors,** St Johnsbury
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- **Henderson's Ski and Snow boards,** Quechee
- **Harpoon Brewery,** Windsor
- **Hanover Outdoors,** Hanover
- **Outdoor Gear Exchange,** Burlington
- **Woodstock Home and Hardware,** Woodstock
- **Northern Lights Rock and Ice,** Essex
- **Omer And Bob's,** Lebanon
- **Peter Glenn,** Barre
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Jan 30: Smugglers' Notch
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March 13: Bolton Valley
March 20: Killington
March 22: Pico
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Recipes for a Smaller Planet

EatingWell book gets raves from the diet tribe

BY SUZANNE PODHAIZER

Most salads don't look sexy, but this one does. Plump, glistening edamame and a tumble of steak slices recline on a bed of greens as dark as a shady forest. Rich brown on the outside and vulnerable pink in the middle, the heap of meat is surrounded by snow pea slivers and bits of red bell pepper.

STRIVING TO BE A BIG LOSER

Working as the *Seven Days* food editor has its perks. I get to write about something I'm passionate about and scarf down plenty of free food in the process. But the love handles? Well, I could live without 'em.

So, after doing this job for more than two years and putting on a few more pounds than I'm comfortable with — all the while making excuses about how I just have to eat everything offered to me because it's "part of my job" — I've decided to make a few changes.

For the next six months, I'll be doing my very own EatingWell Diet challenge, trying to lose weight while reviewing restaurants, constantly sampling new products and living as a localvore — with all the artisan cheese consumption that entails.

My love of lists and organization lends itself well to food journaling, and so far that's been helping me keep my daily food intake in check. When you know exactly how many calories are in the cookies you find lying around the office, it's easier to leave them for your unsuspecting coworkers. What am I struggling with? Finding time (and motivation) to exercise.

Check back to read about my travails and hopefully about my successes.

While the recipe — printed on a facing page — is healthy, it's not austere. The ingredient list includes luscious touches such as honey and toasted sesame oil. Yet the whole shebang comes in at a mere 328 calories per serving. Welcome to The EatingWell Diet, first published in 2007.

Since then, the book has garnered some tasty accolades. The paperback version, released earlier this month, trumpets the volume's coveted James Beard Award on its cover. Around the same time the new edition appeared, *Health* magazine published an article called "America's Top 10 Healthiest Diets." The magazine's "panel of experts" evaluated 60 different weight-loss plans and winnowed them down to the 10 best. Along with old standby Weight Watchers, the EatingWell Diet made the list. "This new entry ... has built beautifully on the latest understanding of the broad approach necessary for effective weight loss," *Health*'s panel writes.

One thing the mag doesn't mention is that the book is a true Vermont product. It was conceived and created by the EatingWell Media Group of Charlotte — which puts out the nationally circulated full-color glossy magazine *EatingWell* — and published by Woodstock's The Countryman Press. The book's dietary principles are based on the University of Vermont's VTrim Weight Management program and laid out in engaging prose by *EatingWell* contributing editor Joyce Hendley of South Burlington.

Why VTrim? The program was

>> 04B

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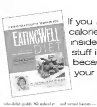
recipes

<< 05B

developed by Dr. Jean Harvey-Berino, an obesity expert and the university's chair of Nutrition and Food Science. Its literature claims it has helped thousands of workshop participants lose weight and keep it off.

In a country where 66 percent of the population is overweight, diet plans are nothing new — bookstore shelves groan with tomes devoted to the latest fads, from eating like a "skinny bitch" to breakfasting on coffee and dry toast on the "Russian Air Force" diet. VTrim may not have the glamour of *The Shangri-La Diet*, but it does have academic cred. "It was an outgrowth of our research program," says Harvey-Berino. "We would do studies and there were always people who didn't qualify. We realized it would be nice to offer a similar intervention to the public."



> If you . . . know how many calories you're trying to stay within inside a day, you don't pop stupid stuff in your mouth anymore, because you have to make your mouthfuls matter.
>
> DR. JEAN HARVEY-BERINO, DEVELOPER OF VTRIM PROGRAM

Since 2004, folks eager to drop pounds have been shelling out nearly $700 to take VTrim's six-month series of classes. The deal — available in real life and virtual formats — teams a group of 15 to 20 participants with a certified facilitator. In six months, the average participant loses 24 pounds. "It's a clinically meaningful amount of weight," Harvey-Berino attests.

She's also quick to mention that, despite the name of the book that emerged from her research, she doesn't consider VTrim a "diet." "I don't like the word 'diet,' because it implies that you're going on something for a short time and then go[ing] off it," says Harvey-Berino. "You need to be ready to make changes ... otherwise the weight won't stay off."

The changes Harvey-Berino is referring to are based on "behavioral weight-loss principles." For example, followers of VTrim try to figure out when and why they overeat, and set themselves a daily calorie goal rather than cutting out whole food groups. "When people are on Atkins, you're telling them never to eat bread, and maybe that's their thing," she suggests. "If you ... know how many calories you're trying to stay within inside a day, you don't pop stupid stuff in your mouth anymore, because you have to *make your mouthfuls matter*."

The EatingWell Diet doesn't come with a personal coach or a group with which to commiserate, but the book is affordable at $18.95 and packed with tips, user-friendly formulas and recipes. Therein, VTrim's 24 lessons have been converted into seven easily digestible steps, which include worksheets that encourage mindfulness and good behavior.

The "Become Your Own Weight Coach" chapter offers an exercise entitled "Track Yourself," which aims to help readers identify their eating triggers by asking pointed questions: "Where do you do most of your eating?" "What other people have positive or negative effects on your eating?" Another exercise encourages folks to identify their "food strengths and challenges." And then there's info on how to bounce back from a binge.

The back of the book offers calorie information for hundreds of foods, as well as suggestions for building a "healthy pantry." That can include everything from classic "diet" foods like brown rice and reduced-fat sour cream to decadent kalamata olives and chocolate chips.

The plan recommends lower-fat dairy products and lean meats to keep calorie counts in check, and it pushes keeping blood sugar in a healthy range, filling up on high-fiber foods and engaging in regular exercise. Yet it comes with no hard-and-fast rules for what you should and shouldn't eat. Technically, a participant could lose weight on the EatingWell Diet while subsisting solely on bits of cheeseburger and chocolate cake. You just wouldn't be able to eat *much* of them.

Joyce Hendley, who began working with *EatingWell* in its first incarnation in the early 1990s, holds a master's degree in nutrition; she's also a lifelong Weight Watchers member and the former food editor of its magazine. With that background, she was the natural choice to write the text of the diet book. "The thing about VTrim is that you have the incredible asset of having a trained dietician come and meet with you," Hendley says. "While a book can't offer personalized instruction, *EatingWell* makes it really possible for you to be your own coach." The process starts with readers figuring out how many calories they already consume each day and how many they need to cut to reach their goal weight at the rate of one or two pounds per week. (Losing it any faster is considered less healthy.)

According to Harvey-Berino and Hendley, the most important aspect of the weight-management plan is the food journal. When people write down everything they eat and calculate the calorie content, they become accountable for each bite. "You have to do it with fidelity for a long time," says Harvey-Berino. "One of the predictors of long-term success is continuing to write things down."

>> 05B

Ham, Gruyère & Spinach Bread Pudding

High-quality ham is worth the cost. It infuses the pudding with a smoky flavor that complements the spinach, peppers, rosemary and Gruyère.

Active time: 30 minutes
Total: 1 3/4 hours

4 large egg whites
4 large eggs
1 cup skim milk
2 tablespoons Dijon mustard
1 teaspoon minced fresh rosemary
1/4 teaspoon freshly ground pepper
4 cups whole-grain bread, crusts removed if desired, cut into 1-inch cubes (about 1/2 pound, 4-6 slices)
5 cups chopped spinach, wilted (see Tip)
1 cup diced ham steak (5 ounces)
1/2 cup chopped jarred roasted red peppers
3/4 cup shredded Gruyère cheese

1. Preheat oven to 375°F. Coat an 11-by-7-inch glass baking dish or a 2-quart casserole with cooking spray.
2. Whisk egg whites, eggs and milk in a medium bowl. Add mustard, rosemary and pepper; whisk to combine.
3. Toss bread, spinach, ham and peppers in a large bowl. Add the egg mixture and toss well to coat. Transfer to the prepared baking dish and push down to compact. Cover with foil.
4. Bake until the custard has set, 40 to 45 minutes. Uncover, sprinkle with cheese and continue baking until the pudding is puffed and golden on top, 15 to 20 minutes more. Transfer to a wire rack and cool for 15 to 20 minutes before serving.

Makes 6 servings
Per serving:
276 calories
10 g fat (4 g sat, 3 g mono)
159 mg cholesterol
25 g carbohydrate
21 g protein
3 g fiber
746 mg sodium
422 mg potassium

Nutrition bonus:
Vitamin A (70% daily value)
Folate (37% dv)
Calcium (30% dv)
Vitamin C (20% dv)

To make ahead: Prepare the pudding through Step 3; refrigerate overnight. Let stand at room temperature while the oven preheats. Bake as directed in Step 4.

To wilt greens: Rinse greens thoroughly. Transfer them to a large microwave-safe bowl. Cover with plastic wrap and punch several holes in it. Microwave on High until wilted, 2 to 3 minutes. Squeeze out any excess moisture from the greens before adding them to the recipe.

Got a food tip?
email food@sevendaysvt.com

SIDE DISHES » food news

Political Palate

WHERE FOOD AND GOVERNANCE INTERSECT

Americans hungry for change have been celebrating Barack Obama's election and inauguration with all manner of special eats. Photos of cakes and cookies decorated with the president's likeness have cropped up across the Internet, and foodie websites spent the last week promoting special "Inauguration Menus" based on the commander in chief's faves, including shrimp, grits, veggie pizza and chili con carne. (Needless to say, beets are off the list.) There's even a blog, Obamafoodorama.blogspot.com, dedicated to documenting Obama's meal and products honoring him.

Several of the items featured there have a Vermont connection. Back in 2006, **Laini Fondiller** of **Lazy Lady** started turning out small batches of a cheese called "Barick Obama." When we covered it in this column in April 2007, Fondiller mentioned that the cheese offers "middle-of-the-road flavor."

More recently, a 25-year-old former Essex Junction resident named **Sam Chapple-Sokol** — who works in D.C. for the antitrust division of the Department of Justice — made the list with his homebrewed beer, "The Audacity of Hops." He premiered the coffee-flavored blend at an Election Night party and got such a warm reception that he prepared an "InaugurAle Edition" to serve on January 20.

"I was excited about Obama as a candidate, and it's fun to brew for a purpose," Chapple-Sokol explains. The drink makes use of his father's home-roasted Kenyan, Hawaiian and Indonesian coffees — purchased green from **Uncommon Grounds** — to represent Obama's eclectic heritage. Oddly enough, the brew isn't particularly hoppy. "It's sweet and coffee flavored, so it kind of has a mocha thing going on, which kind of overwhelms any hoppiness ... I was thinking about doing an Imperial Bitter to celebrate the last eight years, and a sweet beer for the next eight years," says the young partisan.

As a homebrewer, Chapple-Sokol can't sell his beer, but he'd love to see it find a wider market. "I haven't been giving the recipe away, so I still have some sort of intellectual property over it," he speculates. "I really respect all the breweries in Vermont, so if anybody small wanted to take on a barrel or two, I wouldn't say no." Hear that, guys?

In political developments a bit closer to home:

Burlington's four mayoral candidates — Mayor **Bob Kiss**, **Dan Smith**, **Andy Montroll** and **Kurt Wright** — may be good team swimmers, but are they chili connoisseurs? We'll find out on February 8, when the four judge **Avenue Bistro's Chili Cook-Off Competition**.

The fee for having your hot stuff on the menu is $25. Nonpoliticians can sample the goods for just $5. Proceeds benefit the **Chittenden Emergency Food Shelf**.

Good Food

BUSINESSES PUT THEIR ETHICS WHERE THEIR MOUTHS ARE

And the list of things we have no excuse for not recycling keeps growing ... The folks at **Dedalus Wine Shop** on College Street have an initiative for oenophiles who worry about depleting cork resources. According to their online newsletter, if you bring them your old corks, they'll "ship them off to be turned into flooring and other products."

You'll still have to toss the newfangled plastic stoppers, however.

In 2006, a group of Vermont companies, nonprofits and government agencies created the "Best Places to Work in Vermont" program, which rewards businesses that make an extra effort to be good to their employees.

For the third year running, **King Arthur Flour** is on the short list of companies with more than 100 employees. It won the top honor in both 2006 and 2007. (The program was suspended for 2008.) The final ranking of the five nominees will be announced on April 1.

This Valentine's Day, those treats you buy for your sweetheart could say something besides "I love you." Until February 14, the **Vermont Brownie Company** is donating 10 percent of its proceeds from heart-shaped brownies to **Women Helping Battered Women**. "We were actually approached by them, and it's an organization we feel strongly about supporting. Their theme for this fundraising is healthy relationships, and it's centering around Valentine's Day," says co-owner **Katherine Hayward**.

Fans of Hayward's business partner — former Channel 3 sportscaster **Shawna Lisisky**, who was recently laid off during a spate of downsizing — will be happy to know she's working in the brownie biz full time. "It was unexpected, but the timing has worked out really well," Hayward says. "We've been getting in more and more stores ... We're really busy." **Healthy Living**, **Natural Provisions** and **Sweet Clover Market** now carry the sweets.

Crumbs

LEFTOVER FOOD NEWS

Want to sample something called "Good Fortune Hen" or "2nd Sister's Rabbit"? Both appear on **A Single Pebble's** special menu in celebration of Chinese New Year, offered from January 23 to 27.

Chef Lee's House is doing it up for a full 15 days, beginning on the 26th. "We do it every year," a staffer explained. "We have Lucky Golden Bowl. It's vegetarian." For carnivores, Lee's menu also boasts "Sweet and Sour Crispy Whole Fish" and "Fried Jumbo Shrimp with Walnut Sauce."

It's been a long time coming, but **Claire's Restaurant & Bar** in Hardwick now offers Sunday "blunch" from 11 a.m. to 3 p.m.

Don't look for a "blunch" menu on the community-supported eatery's spiffy new website, www.clairesvt.com, which extols the virtues of culinary spontaneity. "Our chef plans her menu every day after talking with farmers," the home-page copy reads. "Steven is looking for local ingredients at their peak ... nourished by the soil and water of Vermont. From there ... He considers how the weather has flavored this season's produce, what local herbs or spices from far away might best bring out that uniqueness, and which cooking techniques are most suitable."

Sounds tasty. But will he make Huevos Rancheros?

According to **New World Tortilla's** website, construction of its new Pine Street location in Burlington is nearly complete, and the café will be up and running in February.

The region's hole-iest business, **Dinky Donuts** of Middlebury, has expanded its offerings yet again. Now the tiny shop on Route 7 is serving savory fare such as stuffed croissants. Both meaty and vegetarian soups complement its sugary rounds.

Follow up your meal with a "recession special": a pair of cake donuts and a cup of coffee for just $2. Talk about cheap energy!

Last week, trendy *Fast Company* magazine listed "Ten Best Green Jobs for the Next Decade." The first suggestion was refreshingly low tech. Get down and dirty by becoming a farmer.

The editors note that the average American farmer is age 55, putting the industry in need of new blood — and know-how. "Modern farmers are small businesspeople who must be as skilled in biofuels growing as marketing," the mag says.

So where do you go to learn the ins and outs of it? *Fast Company's* first suggestion is the **Center for Sustainable Agriculture at the University of Vermont**.

For those who don't want to plunge their hands directly into the dirt, the magazine also suggests "related careers": CSA coordinator and artisanal cheesemaker.

Looking to visit "one of America's most romantic travel destinations" this Valentine's Day? Shuttown.com has some ideas. On its list of 20 hot spots: California's Napa Valley; Molokai, Hawaii; and, of course, Barnard, Vermont, site of the **Barnard Inn**.

— **SUZANNE PODHAIZER**

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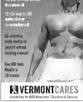

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<food>

Coconut-Crusted Tofu with Peach-Lemongrass Salsa

Inspired by that restaurant-chain classic — deep fried coconut shrimp — tofu gets an irresistibly crunchy crust and spicy-sweet salsa on the side. It's enough to convert even a confirmed tofu-phobe.

Active time: 35 minutes
Total: 35 minutes

3 medium peaches, peeled, pitted and diced
1-2 jalapeños, preferably red, seeded and minced
1 2-inch piece fresh lemongrass, minced, or 1 teaspoon dried (see "note")
1 tablespoon chopped fresh basil
1 tablespoon brown sugar
1 tablespoon rice-wine vinegar
3/4 teaspoon salt, divided
1/3 cup unsweetened flaked coconut
2 tablespoons flour
2 tablespoons cornstarch
1 14-ounce package extra-firm water-packed tofu, drained
2 tablespoons canola oil, divided

PHOTO COURTESY OF KEN BURRIS

1. Preheat oven to 400°F. Set a wire rack on a large baking sheet.
2. Combine peaches, jalapeños, lemongrass, basil, brown sugar, vinegar and 1/4 teaspoon salt in a medium bowl; toss to combine.
3. Mix coconut, flour and cornstarch in a shallow dish. Cut the block of tofu lengthwise into 8 thin steaks. Pat the tofu slices dry with a paper towel; sprinkle with the remaining 1/2 teaspoon salt, then press both sides of each tofu steak into the coconut mixture.
4. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add 4 tofu steaks and cook until golden brown, about 2 minutes per side, adjusting heat as necessary to prevent scorching. Transfer the tofu steaks to the rack-lined baking sheet and place in the oven to keep warm. Heat the remaining 1 tablespoon oil in the skillet over medium-high heat; cook the remaining tofu steaks until golden brown, about 2 minutes per side. Serve the tofu with the peach salsa.

Makes 4 servings, 2 tofu steaks & 2/3 cup salsa each.
Per serving:
251 calories
18 g fat (4 g sat, 9 g mono)
0 mg cholesterol
19 g carbohydrate
11 g protein
3 g fiber
491 mg sodium
313 mg potassium

Nutrition bonus:
Calcium (20% daily value)
Magnesium (18% dv)
Iron (15% dv)

Ingredient note:
Lemongrass, essential to Thai and Vietnamese cooking, is an edible grass with bright lemon fragrance and taste. Find it fresh in the produce section of large supermarkets, at Asian food stores, and chopped and dried in specialty spice sections. Purchase from Penzeys Spices, (800) 741-7787, www.penzeys.com

recipes

<< 04B

It's a check-on mechanism. You gain a few pounds and get right back into it for a little while."

"I'm doing it right now," Harvey-Berino adds — even the weight-loss expert isn't immune to some indulgence over the holidays. "I put myself on 1200 [calories] a day for two weeks," she says. Hendley uses the techniques, too. "The reason so many of us are overweight is that our lives are so stressed now," she suggests. "We need a new skill set to manage that. Following the program, I found it reduced a lot of other stress in my life as a side effect."

But can folks without nutrition degrees stick to the plan sans group sessions? It looks that way. In the January issue of *EatingWell*, Nicci Micco, senior editor of features and nutrition, profiled nine success stories, including that of Jenn Moore and Tony Hermansky, a married couple who live in Sunderland, just a few miles from Manchester.

While Moore was pregnant with their now 1-year-old son Jude, both partners put on some pounds. "I gained the sympathy weight," Hermansky jests in a phone conversation. "I'd never really had a problem with my weight, but suddenly I found myself 30 pounds more than I wanted to be." Moore, on the other hand, has struggled with her weight "since puberty," she attests. "I have a love-hate relationship with food."

And as their wedding date approached, both of them wanted to shed the excess. "I had an Armani suit I wanted to fit into," Hermansky recalls. With Moore doing the shopping and Hermansky taking care of the cooking, the pair embarked on a three-month slimming mission.

By their wedding day each had lost 17 pounds. For Hermansky, figuring out his calorie "threshold" — the maximum number of calories one can consume daily without gaining weight — was crucial. "If you eat consistently more than your threshold per week, you gain weight. If you eat less, you lose weight. It's not rocket science," he explains. He also appreciated that no foods were verboten. "We never gave up ice cream, never even considered it." "I probably ate ice cream five nights out of seven," Moore says. "But I scaled back to half a cup per night."

And both are sold on journaling. "Focusing on every single thing that goes into your mouth is a big wake-up call," Moore says. Hermansky agrees. "When you're not journaling, you're not thinking about what you're eating. It's so easy to consume 500 or 600 calories without paying attention."

Got a food tip?
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The twosome also found the book's recipes a big help. Moore particularly enjoys the Portobello Mushroom Cheese Chili and the Polenta and Vegetable Bake.

If you're a regular reader of *EatingWell*, some of the recipes in the diet book will be familiar — the mag has always offered lowfat options and calorie counts. For instance, the book's Roasted Tomato Soup — developed by local cookbook author Tracey Medeiros — first appeared in the summer 2004 issue.

Like many EatingWell publications, the diet book combines a bunch of recipes previously printed in the magazine with a handful of fresh entries. It's a savvy way to save money and build on existing content. "We start out by looking at what we already have in the database," explains Food Editor Jessie Price. "For this book, the recipes we developed were [mostly] big, satisfying salads and snacks, because we don't do a lot of those."

It makes sense to recycle the recipes, considering the effort that goes into them. EatingWell's test kitchen staff in Charlotte experiments with an average of seven different permutations before arriving at a final formula. With homey white appliances and a dearth of stainless steel, the kitchen calls up memories of home ec class, featuring neatly labeled cupboards and both gas and electric ranges to ensure that every recipe works for every home cook.

And when the "diet" food is as good — and simple — as the Seared Steak Salad or the Paprika Shrimp & Green Bean Sauté featured on the book's cover, it shouldn't be hard to convince lots of Americans who've been gaining pounds on take-out and convenience foods to start cooking. ⑦

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COURTESY OF KEN B

Texas Toasts with Filet Mignon, Watercress & Herb Butter

Yes, a juicy grilled steak and even a bit of wonderful, herb-flecked butter can fit into your healthy-eating plan: this soul-satisfying meal is a case in point. Make a double batch of the butter to keep in the freezer for jazzing up future grilled entrées like pork chops, chicken breasts or fish (a little goes a long way).

Active time: 45 minutes
Total: 45 minutes

1 tablespoon whipped or regular butter, slightly softened
3 teaspoons extra-virgin olive oil, divided
1 tablespoon minced chives or shallot
1 tablespoon capers, rinsed and chopped
3 teaspoons minced fresh marjoram or oregano, divided
1 teaspoon freshly grated lemon zest, divided
1 teaspoon lemon juice
3/4 teaspoon kosher salt, divided
1/2 teaspoon freshly ground pepper, divided
1 tablespoon minced fresh rosemary
1 clove garlic, minced, plus 1 clove garlic, peeled and halved
1 pound filet mignon, about 1 1/2 inches thick, trimmed of fat and cut into 4 portions
4 slices whole-grain bread
4 cups watercress, trimmed and chopped

1. Preheat grill to high.
2. Mash butter in a small bowl with the back of a spoon until it's soft and creamy. Stir in 2 teaspoons oil until combined. Add chives (or shallot), capers, 1 teaspoon marjoram (or oregano), 1/2 teaspoon lemon zest, lemon juice, 1/2 teaspoon salt and 1/4 teaspoon pepper. Cover and place in the freezer to chill.
3. Combine the remaining 1 teaspoon oil, remaining 2 teaspoons marjoram (or oregano), remaining 1/2 teaspoon lemon zest, remaining 1/4 teaspoon salt and pepper, rosemary and minced garlic in a small bowl. Rub on both sides of steak. Rub both sides of bread with the halved garlic clove; discard the garlic.
4. Grill the steak 3 to 5 minutes per side for medium-rare. Grill the bread until toasted, 30 seconds to 1 minute per side. Transfer the toasts to a large plate, place the steaks on top of the toasts and spread the herb butter on top of the steaks; let rest for 5 minutes. Divide watercress among 4 plates and top with the steak-topped toasts.

Makes 4 servings.
Per serving:
303 calories
14 g fat (5 g sat, 6 g mono)
80 mg cholesterol
15 g carbohydrate
29 g protein
5 g fiber
438 mg sodium
482 mg potassium

Nutrition bonus:
Zinc (46% daily value)
Selenium (44% dv)
Vitamin C (28% dv)
Iron (17% dv)

To make ahead: Prepare herb butter (Step 2), wrap in plastic wrap and freeze for up to 1 month.

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FRI
23

I LOVE A PARADE :: No one was more surprised than **Miss Tess & the Bon Ton Parade** when the group took home the prize for "Outstanding Folk Artist of the Year" from the venerable Boston Music Awards in December. While the accolade is no doubt appreciated, it's perhaps a bit misguided, as the term "folk" hardly does the band justice. Preferring to think of themselves as "modern vintage," the outfit trades in a swooning blend of sonic delights more bathhouse jazz and swing than boxcar crooner — though there's a hint of the latter as well. Judge for yourself this Friday as the charmingly ragtag group thrills the rogue's gallery at Montpelier's Langdon Street Café.

PHOTO COURTESY OF TIM ANGLE

sound bites

BY DAN BOLLES

Got music news? Email Dan Bolles: dan@sevendaysvt.com
7D.blogs.com/solidstate for more music news & views

SHOCK THE MONKEY

It's not something I think about very often — believe it or not, I'm actually a pretty modest fella, and it's not like I'm **Tom freakin' Mazzara** or anything. But every now and then, and usually completely out of the blue, I'm forced to confront my local pseudo-celebrity face to face. Sometimes quite literally, as was the case last Friday.

Following an excellent set from new-ish local duo **The Vacant Lots**, I retreated to the dank confines of The Monkey House basement for a quickie interview with the band (page 15B). Led by clubbing dude and all around swell guy **Paddy Reagan**, I descended the steps. We neared the bottom and Reagan motioned to a beam on the ceiling above the last stair, tapping it for emphasis before turning the corner. As my eyes wandered upward, I stopped dead in my tracks, recognition of what I was seeing creeping slowly over me.

It was me. Lots of me.

There, plastered across the bulk of the beam like kill marks on the side of a fighter jet, were 50-plus cutouts of the silhouette that graces the top of this very column. To say the least, I was flabbergasted. Of the dozens of thoughts racing through my mind, here were the three most prominent:

1. *What. The. Fork.*
2. *Man, I do kinda look like* **Trey** [illegible] *dammit.*
3. *I've really got to do something about that picture.*

Though Reagan played somewhat coy as to why, exactly, my countenance(s) shone down upon the Monkey's storage room, he did divulge whodunit, and with only a modicum of Gitmo-styled "interrogation," no less. Though I'll not stink to embarrassing this person in public, one of two things is apparently clear: I have a number-one fan (creepy). Or a mortal enemy (*slightly* less creepy, actually). All in a day's work, I guess.

SHOCK THE MONKEY (CONT'D.)

So I told you that story to tell you this one: The Monkey House rocks.

As I alluded to in last week's column, Reagan & Co. have two solid months of terrific music lined up to help get us through the winter doldrums without doing something crazy — like decorating your bar with my face, for example. Ahem. The fun truly begins in earnest next week. But there are a few options this week to whet your appetite, including some ongoing residencies that bear mentioning.

First up, for the last couple of months, **VT Union's Dakota** has been hosting a free weekly hip-hop open mike on Tuesday nights. From 10 p.m. to 2 a.m., the enigmatic MC assumes the role of DJ and spins for a collection of the area's better up-and-coming talent, as well as some veteran players (playas). The music is, no doubt, pretty tight. But the real sticking point is this: $5 Henny and Cokes. Actually, that sounds disgusting. Go for the music.

Wednesday nights see alternating sessions. Wordsmiths will want to attend every first and third hump day as Burlington College's **Mark Finley** hosts an evening of spoken-word poetry. Finley is one of the area's more highly regarded bards and is reported to have a new book out later this year.

Opposing Wednesdays will see the return of **Jazz Kebab**, a group of UVM all-stars led by drummer **Andy Allen** and sideman **Pete Negroponte**. Local jazz heads will likely recognize Allen as **Bryan McNamara's** (**Strength in Numbers**) successor in **The Anthony Santor Group**.

As for more exclusive engagements, indie-folk fans should mark this Thursday on their Facebook calendars, as local songwriting impresario **Austin Sirch** — whose excellent album *After Alert* I inexcusably overlooked in my roundup of the top Vermont-made albums of 2008 ... sorry, man — is joined by a pair of intriguing Providence-based acts, **Vio/Mire** and **Annikki Dawn**.

VIO/MIRE

BITE TORRENT

Believe it or not, there is plenty of other stuff happening this week that in no way involves The Monkey House. I'm as shocked as you are.

As reported some weeks ago, Montpelier has a new all-venue called Lamb Abbey. I plan to swing by this Friday to catch a belated "Inaugural Ball" featuring **Rogue Birds**. The central Vermont trio will be joined by VT ex-pat **Kris Gruen** to perform an original "rock drama" entitled *Cantata in 8 Acts*. These little [illegible] are new to me, but describe themselves as "more passionate than precise, more punk than prog and more drunk than gospel." Snot Americana-punk outfit **Pariah Beat** closes out the night.

Speaking of alt venues, **Gough Francis**, **Blowtorch** and the aforementioned Vacant Lots team up on a show this Friday at The Fifth Element in Burlington. I'm not supposed to tell you where it is precisely, which reminds me of a joke. *Q: How many hipsters does it take to screw in a light bulb? A: You don't know?* In other words, to find the show, *simply* find a hipster.

ROGUE BIRDS

And speaking of jokes, this Sunday is the Higher Ground Comedy Battle V at the HG Ballroom. Once again, I will be reprising my role on the judges' panel, despite my utter lack of qualifications to judge standup comedy — as painfully evidenced by that last paragraph. This year's lineup was auditioned to ensure maximum hilarity. Among the 12 performers are last year's champ **Roger Miller**, two-time finalist **Alec Niaf**, three-time contestant **Tracie Spencer** and high school senior **Jack Offenbarte**. Also appearing, a first-timer: **Mikey VanGolden**, whose funny bone was about the only one in his body not broken when he was struck by a taxicab last summer riding his bike home from a shift at Higher Ground. Glad to have you back, Mikey.

Finally, it's no secret that dancehall reggae is enormously popular throughout the Green Mountains. For proof, one need look no further than **DJ Big Dog's** long-running *Mi Yard Reggae Night* every Sunday **at Nectar's** ... or at, oh, just any number of Main Street bars overflowing with pulsing dub rhythms on the weekend. But now Burlington can claim a sound system of its very own: Locally based and internationally connected record label/promotions company **Djusetta Sound** prepares to make its presence known on a global scale. Celebrating the release of its star-studded debut compilation *Cuss Fir Riddims*, the upstart company is throwing a massive jam session this Saturday at Parima. Scheduled to spin are label founders **Dante DeVinci** (a.k.a. **JJ**) and **Selecter Dubee**, along with local icons **Jon Demus** and **Rise Up Sound's Reverence**. Serving up live performances are Vermont's own **Grata Trust**, Connecticut's **Gee Q**, Florida's **Smoke & Aqua** and St. Croix native **Ras Iba**, all of whom appear on the comp and call the label home. For more info on the label, the release and/or the party visit www.myspace.com/djusettasound. ⑦

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NA = NOT AVAILABLE AA = ALL AGES NC = NO COVER

HOME IS WHERE THE HEART IS :: It's kind of a cliche, but you really never know how much you'll miss someone until they're gone. Such is the case with the impossibly cute but immensely talented folk duo **Avi & Celia**. Once an up-and-coming staple of Vermont's thriving Americana scene, the pair split for the bright lights of Boston a few years ago. Their departure left a high lonesome sound that can only be filled ... well, when they come back. Such is the case this weekend, when they return to the Green Mountains for a trio of shows. Thursday at Montpelier's Langdon Street Cafe, Friday at the Localfolk Smokehouse in Waitsfield, and Saturday at Nectar's.

WED.21

burlington area

1/2 LOUNGE Elenois Acoustic Musicians' Workshop (singer-songwriters), 7 p.m. Free.

CLUB METRONOME Portland Jamaican Fair Prospect Primary School Benefit (reggae), 9 p.m. $15 donation.

HIGHER GROUND BALLROOM The Sword, Year Long Disaster, Cherry Cassette (metal), 8 p.m. $10/12. AA.

LEUNIG'S Dan Silverman Trio (jazz), 7 p.m. Free.

LINCOLN INN TAVERN Eagle Country Music Night with Phil 'n' the Blanks (country), 7 p.m. Free.

THE MONKEY HOUSE Spoken Word Night (poetry), 8 p.m. Free.

NECTAR'S An Evening with W.E.S.T. (jazz), 5 p.m. Free. **Live Album Recording Residency with Close to Nowhere** (rock), 9 p.m. Free/$5. 18+

RADIO BEAN Ensemble V (jazz), 7 p.m. Free. **Irish Sessions**, 9 p.m. Free.

RED SQUARE The Infinite Ensemble (jazz-fusion), 8 p.m. Free. **DJ Cre8** (hip-hop), 11 p.m. Free.

SECOND FLOOR Superstar Karaoke with Robbie J, 10 p.m. Free/$5. 18+

central

LANGDON STREET CAFÉ Summit School Folk Showcase, 8 p.m. Donations.

champlain valley

GOOD TIMES CAFÉ Paul Asbell (jazz, blues), 8 p.m. $10.

ON THE RISE BAKERY Open Poetry Session (poetry), 7:30 p.m. Free.

northern

BEE'S KNEES The Last Internationale (acoustic), 7:30 p.m. Donations.

THU.22

burlington area

1/2 LOUNGE Jah Red (Latin soul), 8 p.m. Free. **DJ Cyanide** (house), 10 p.m. Free.

BACKSTAGE PUB Blues Night with Runaway Dog, 7 p.m. Free.

CLUB METRONOME W.E.S.T. & Steak 'n' present The Eli Schwab Party (jazz), 10 p.m. Free.

FRANNY O'S Balance DJ & Karaoke, 8 p.m. Free.

GREEN ROOM DJ Reggae (hip-hop), 8 p.m. Free.

LEUNIG'S Mike Martin & Geoff Kim (jazz), 7 p.m. Free.

LINCOLN INN TAVERN WCLX Blues Night with Dave Keller, 7 p.m. Free.

THE MONKEY HOUSE Austin Sirch Vis/Mitra, Aamikh Hasan & Vikesh Kapoor (indie-folk), 9 p.m. $5.

NECTAR'S Blue Thursdays with The Medicinals, Abby Jenne (bluegrass, Americana), 9 p.m. $3.

NIGHTCRAWLERS Karaoke with Steve LeClair, 7 p.m. Free.

RADIO BEAN Jazz Sessions (jazz), 6 p.m. Free. **Shane Hardiman Group** (jazz), 8 p.m. Free. **Anthony Santor Trio** (jazz), 11 p.m. $3.

RASPUTIN'S Dakota (hip-hop), 10 p.m. Free.

RED SQUARE A-Dog Presents (hip-hop), 10 p.m. Free.

SECOND FLOOR Wildcat! (DJ), 10 p.m. Free/$5. 18+

central

BLACK DOOR BAR & BISTRO Shtreimel (electric Eastern European folk), 8:30 p.m. $3-5.

LANGDON STREET CAFÉ Avi & Celia (Americana), 8 p.m. Donations.

STONECUTTERS BREWHOUSE Trivia Night, 7 p.m. Free.

champlain valley

ON THE RISE BAKERY Gabe Jarrett & Friends (jazz), 7:30 p.m. Donations.

TWO BROTHERS TAVERN DJ Dizzle (Top 40), 10 p.m. Free.

northern

BEE'S KNEES Jay Ekis (roots), 7:30 p.m. Donations.

regional

MONOPOLE Gary Peacock (singer-songwriter), 10 p.m. Free.

OLIVE RIDLEY'S Open Mike with Mike Pedersen, 9 p.m. Free. **Naked Thursdays with DJ TripleX** (DJ), 10 p.m. Free.

TABU CAFÉ AND NIGHTCLUB Karaoke Night with Sassy Entertainment, 5 p.m. Free.

FRI.23

burlington area

1/2 LOUNGE Black Dimensions in House with DJ Craig Mitchell (house), 10 p.m. Free.

BACKSTAGE PUB Karaoke with Steve, 8 p.m. Free.

CLUB METRONOME No Diggity: Return to the '90s, 9 p.m. Free.

FRANNY O'S Dan Parks & The Blame (rock), 10 p.m. Free.

GREEN ROOM DJ Francine (hip-hop), 10 p.m. Free.

HIGHER GROUND BALLROOM WDEV Country Club Dance Party with Rumble Doll, Willard Way, Audio Journal (country), 7:30 p.m. $7/10. AA.

JP'S PUB Dave Harrison's Starstruck Karaoke, 10 p.m. Free.

LINCOLN INN TAVERN Mansfield Project (rock), 9 p.m. Free.

THE MONKEY HOUSE Latin Dance Party with DJ Hector (salsa), 10 p.m. $5.

NECTAR'S Adam Rezcek (singer-songwriter), 5 p.m. Free. **Seth Yacovone** (solo acoustic blues), 7 p.m. Free. **An Evening with Seth Yacovone Band** (blues), 10 p.m. $5.

NIGHTCRAWLERS Run for Cover (rock), 8 p.m. Free.

RADIO BEAN Lawrence Welks & Our Reasons to Cross (indie), 9 p.m. Free. **Hanna** (indie), 10 p.m. Free. **Moon Wood Island** (indie), 11 p.m. Free.

RASPUTIN'S Top Hat Entertains (DJ), 10 p.m. $3.

RED SQUARE Me & You with Brett Hughes and Marie Claire (cosmo rural), 6 p.m. Free. **Starline Rhythm Boys** (rockabilly), 9 p.m. $5. **Nastee** (hip-hop), 11:30 p.m. $3.

RÍ RÁ IRISH PUB Supersounds DJ, 10 p.m. Free.

SECOND FLOOR Voodoo with DJ Robbie J (hip-hop), 9 p.m. $3/10.

central

BLACK DOOR BAR & BISTRO Leah Randazzo Group (r&b), 8:30 p.m. $3-5.

CHARLIE O'S Left Eye Jump (blues), 10 p.m. Free.

GUSTO'S Last Kid Picked (rock), 8 p.m. Free.

LAMB ABBEY Pariah Beat, Rogue Birds with Kris Gruen (eclectic), 8 p.m. $5 donation.

LANGDON STREET CAFÉ Happy Hour with Abby Jenne & Friends (rock), 6 p.m. Donations. **Miss Tess & the Bon Ton Parade** (jazz-folk), 9 p.m. Donations.

LOCALFOLK SMOKEHOUSE Avi & Celia (Americana), 9:30 p.m. Free.

SLIDE BROOK LODGE & TAVERN Megan Bohan's Revival (rock), 8 p.m. Free.

champlain valley

51 MAIN tooth ache. (indie), 9 p.m. Free.

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MANSFIELD PROJECT 9:30PM-CLOSE
SAT. 1/24
THE HITMEN 9:30PM-CLOSE
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DOWNSTAIRS
SUN. 1/25 6pm
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JUSTIN LEVINSON 6PM
JAMIE McLEAN BAND 9PM
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northern

BEE'S KNEES The Fustens (indie-folk) 7:30 p.m. Donations.

THE HUB PIZZERIA & PUB Conscious Roots (reggae) 9 p.m. Free.

JD'S PUB Live Music, 7:30 p.m. $5.

MATTERHORN Natalie Stovall (country rock) 9 p.m. $10.

RUSTY NAIL DJ ErieG (hip-hop) 10 p.m. $5.

THE TAMARACK GRILL AT BURKE MOUNTAIN The Brew (rock) 9 p.m. Free.

regional

MONOPOLE Gary Peacock (singer-songwriter) 5 p.m. Free. Glass Onion (rock) 10 p.m. Free.

OLIVE RIDLEY'S Ten Year Vamp (rock) 10 p.m. Free.

SAT.24

burlington area

1/2 LOUNGE Kip Meaker (blues) 7 p.m. Free. Stereophonic: Goodwood vs. Bowie (eclectic) 10 p.m. Free.

BACKSTAGE PUB Run for Cover (rock) 9 p.m. Free.

CLUB METRONOME Retronome (80s dance party) 10 p.m. $5.

FRANNY O'S Balance DJ & Karaoke 9 p.m. Free.

GREEN ROOM DJs Chia & Justin B (house) 10 p.m. Free.

HIGHER GROUND BALLROOM The One Fashion Event (fashion show) 8 p.m. $25/30 AA.

HIGHER GROUND SHOWCASE LOUNGE U-Melt, Nate Wilson Group (rock) 8:30 p.m. $7/10 AA.

JP'S PUB Dave Harrison's Starstruck Karaoke 10 p.m. Free.

LINCOLN INN DOWNSTAIRS DJ Raul (salsa) 9 p.m. Free.

LINCOLN INN TAVERN The Kitmen (rock) 9 p.m. Free.

MARRIOTT HARBOR LOUNGE The Trio featuring Paul Cassarino, Travis Cassarino & Jeff Wheel (acoustic) 6 p.m. Free.

NECTAR'S Myra Flynn (singer-songwriter) 7 p.m. Free. Avi & Celia, Lionize (jam, Americana) 9 p.m. Free.

NIGHTCRAWLERS Karaoke with Steve LeClair 9 p.m. Free.

PARIMA MAIN STAGE Hypstic Sound Presents Case Fix Riddim Release Party (reggae) 10 p.m. $3.

RADIO BEAN Howard Jennings (singer-songwriter) 8 p.m. Free. Stealth Foxx (rock) 9 p.m. Free. The Beautiful Side (psychedelic tribal punk) 10 p.m. Free. The Shandies (rock) 11 p.m. Free. Ana Lola Roman (electro-indie) 11:45 p.m. Free.

RASPUTIN'S Massive (DJ) 10 p.m. $3.

RED SQUARE Justin Levinson (singer-songwriter) 6 p.m. Free. Jamie McLean Band (rock) 9 p.m. $3. DJ A-Dog (hip-hop) 11:30 p.m. $3.

RÍ RÁ IRISH PUB The X Rays (rock) 10 p.m. Free.

SECOND FLOOR Déjà Vu Ladies' Night (DJ) 9 p.m. $3/10.

central

BLACK DOOR BAR & BISTRO Amapola (Latin) 9:30 p.m. $3-5.

CHARLIE O'S Strength in Numbers (hip-hop) 10 p.m. Free.

GUSTO'S Nomad (rock) 9 p.m. Free.

LANGDON STREET CAFÉ Dixie Red Delights (Americana) 8 p.m. Donations.

POSITIVE PIE 2 Cocktail (80s hair band) 10 p.m. $5.

SLIDE BROOK LODGE & TAVERN Maganahan's Revival (rock) 9 p.m. Free.

champlain valley

CITY LIMITS Dance Party with DJ Earl (DJ) 9 p.m. Free.

ON THE RISE BAKERY The Pulse Prophets (reggae) 7:30 p.m. Donations.

TWO BROTHERS TAVERN The House Traders (rock) 9 p.m. Free.

northern

BEE'S KNEES Lolo Cameo (rock) 7:30 p.m. Donations.

THE HUB PIZZERIA & PUB Evenkeel (rock) 9 p.m. Free.

MATTERHORN Natalie Stovall (country rock) 9 p.m. $10.

PIECASSO Karaoke Championship with John Wilson & Danger Dave, 9:30 p.m. Free.

RUSTY NAIL Last Kid Picked (rock) 10 p.m. $10.

THE TAMARACK GRILL AT BURKE MOUNTAIN Matt Teller (singer-songwriter) 6 p.m. Free.

regional

KRAZY HORSE SALOON Line Dancing, 6 p.m. Free. Movin' On (country) 10 p.m. Free.

MONOPOLE Glass Onion (rock) 10 p.m. Free.

OLIVE RIDLEY'S Ten Year Vamp (rock) 10 p.m. Free.

TABU CAFÉ AND NIGHTCLUB All Night Dance Party with DJ Toxic (DJ) 5 p.m. Free.

SUN.25

burlington area

1/2 LOUNGE YouTube Night, 10 p.m. Free.

BACKSTAGE PUB Karaoke with Pete, 9 p.m. Free.

CLUB METRONOME Family Night Open Jam, 10 p.m. Free (18+).

FRANNY O'S Balance DJ & Karaoke 9 p.m. Free.

SUN.25 >> 13B

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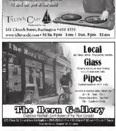
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reviewthis

THE BEAUTIFUL RIDE, *LIVE NECTAR*

(Bu Live Records, CD)

Self-described purveyors of "psychedelic tribal punk," The Beautiful Ride returns with *Live Nectar*, the follow-up to their fearlessly titled 2007 release, *Homemade Heroine* [illegible] *It's the Beautiful Ride*. As the title indicates, the disc is a sampling of live recordings made during a recent performance at Nectar's in Burlington. While the music is in no way freaky, dance inspiring or punk driven, the recording is a decent account of the band's loosely blended band catalogue. It's certainly not quite time to shelve your Nirvana albums. But the release does offer evidence of a band making some headway.

Songs such as "Thank Yan Jah for Sending Her 2 Me" are Beautiful Ride staples. Travis Ayer's trademark, casually building, funk-inspired guitar riffs, cloaked his unfussy lyrics and languid, not-quite-singing vocal delivery. Ayer serves this with a heavy dose of guitar effects, ably backed by the confident rhythm section of bassist Michael Sasser and drummer Kevin Lawyer.

The trio's tightly knit aesthetic is both an asset and a hindrance. In its more controlled moments, these three are clearly comfortable as a unit. Yet they sometimes attempt to create a sound that's just too large for a conventional rock trio to execute.

"All Nite" is an apt example. The song is so driven by rhythmic, muted strumming that any melody within can be difficult to decipher. This could be a product of that ubiquitous live-recording flaw: a poor mix. In particular, Ayer's bombastic guitar forays, with wah-wah and flanger pedals, at times come off as separate and distant, especially compared to an otherwise crisp drum capture.

But there are some attractive bright spots. "Changes Come" rises above the din and stands out as a technical highlight. It is a doughy ballad anchored by thick metallic distortions. Ayer abandons his spoken word delivery for wails that reach a rare pleasing dissonance in the fray.

The rather clumsy take on "In Da Club" — the 50 Cent hip-hop neo-classic — is a bit of a stretch and, again, proves a difficult undertaking for a rock trio. It's no surprise that the cover strays awkwardly from the original, despite the somewhat recognizable chorus. Yet it is a telling illustration of the band's [illegible] personality and they certainly should be lauded for the effort.

Despite the pitfalls found on *Live Nectar*, The Beautiful Ride continues unabated this Saturday at Radio Bean.

JOHN PRITCHARD

HOWARD JENNINGS, *ACOUSTIC EP*

(Self-released, CD)

Plattsburgh's Howard Jennings returns with *Acoustic EP*, a follow-up to his 2007 debut, *Appreciation*. The former youth hockey star turned guitar-wielding troubadour scores modest results. At times, he almost legitimizes frequently made comparisons to similarly softhearted tunesmiths such as Dave Matthews and Jack Johnson. At others, however, his work, in particular his lyric writing, doesn't rise above the perhaps justifiable classifiers of a jock-turned-artist, not unlike, well, Jack Johnson.

Matthews is an acknowledged and obvious influence. The similarity is borne out by the first track, "Your Side." A disconcerting acoustic line, vaguely reminiscent of the opening sequence from "Crash Into Me," quickly gives way to Jennings' Matthews-esque mellow growl. Much like his hero, Jennings attempts opaque poetry. But unlike Matthews — at least prior to his dumping-a-chemical-toilet-into-the-Chicago-River era, which is actually an apt allegory for his career since — Jennings doesn't render the weight of youthful earnestness. Though his intentions are pure, his metaphors, if they qualify as such, are scrambled and artless. For example: "More than the taxes we are paying / Greater than the gallons of oil we are draining / More than the sky is depleting / Just like we eat more than we need, yeah / Nothing is for certain, except the girl / The girl in the world I'm livin' in."

Jennings' lyrical lofty continues throughout. But the nadir is reached on the disc's fourth cut, "25 to 85." The song is something of an ode to both wide-eyed innocence and, of course, love. But Jennings' stilted turns of phrase fall short of capturing the essence of either. He opens with "Perhaps I'm too optimistic / But life is so short and I don't want to miss it / Being naive to the world really isn't that bad." He continues with the mindingly redundant line "I'm standing here drinking and thinking with the thoughts in my head." Then, toward the tune's climactic bridge, he offers a real head scratcher: "I want to feel my toes in your sand." Uh ... what?

Writing foibles aside, Jennings has an undeniable knack for catchy melodies. This is evident throughout, but particularly on album closer "When My Mind Starts to Go." The number is easily *Acoustic EP*'s best and offers a glimpse at the young songwriter's nascent potential. When he's not mining the stylized vocal deliveries of more accomplished artists, he possesses a smooth, emotive tone. If given time to become comfortable with his natural abilities and sharpen his observations, Howard Jennings has a chance to sidestep unnecessarily lofty comparisons and truly come into his own as an artist.

Jennings plays Radio Bean in Burlington this Saturday.

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<clubdates>

SUN.25 << 11B

HIGHER GROUND BALLROOM: Higher Ground Comedy Battle V (standup), 8 p.m. $10/12. 18+.

LINCOLN INN TAVERN: Pine Street Jazz with Susan Squire, 6 p.m. Free.

NECTAR'S: 80 Yard Reggae Night, with Big Org & Demus (reggae), 10 p.m. Free.

NIGHTCRAWLERS: Karaoke with Steve LeClair, 7 p.m. Free.

RADIO BEAN: Voles (indie), 8 p.m. Free.

RÍ RÁ IRISH PUB: Irish Session, 5 p.m. Free.

central

LANGDON STREET CAFÉ: Winter Concert Series: Addictive Tragedy (folk), 3 p.m. Donations.

northern

BEE'S KNEES: Open Irish Session with Allen Church, 7:30 p.m. Donations.

THE HUB PIZZERIA & PUB: Jazz on Tap (jazz), 7:30 p.m. Free.

MON.26

burlington area

1/2 LOUNGE: Heal In Sessions with Bolandeye & Reverence (reggae), 10 p.m. Free.

LINCOLN INN TAVERN: Celtic Open Session (Celtic), 7 p.m. Free.

THE MONKEY HOUSE: Citizen Bare (singer-songwriters), 8 p.m. Free.

NECTAR'S: Jay Barwick, Mahalt Swearfalls & Friends (rock), 8 p.m. Free/$5. 18+

RADIO BEAN: Open Mike, 8 p.m. Free.

RED SQUARE: Loudway (indie-rock), 8 p.m. Free.

central

LANGDON STREET CAFÉ: Open Mike, 7 p.m. Free.

TUE.27

burlington area

1/2 LOUNGE: Let's Whisper, Colin Clary, Dana Kaplan (indie-pop), 7 p.m. Free. Myra Flynn (neo-soul), 9 p.m. Free.

LEUNIG'S: Juliet McVicker (jazz), 7 p.m. Free.

LINCOLN INN TAVERN: Longford Row (Irish), 7 p.m. Free.

THE MONKEY HOUSE: Hip-Hop Open Mike with Dakota, 10 p.m. Free.

NECTAR'S: WRKM Presents Tuesday Blues & Jazz, 9 p.m. Free/$5. 18+

PARIMA ACOUSTIC LOUNGE: Island Night with DJ Skinny T (DJ), 8 p.m. Free.

RADIO BEAN: Honky Tonk Sessions (honky-tonk), 10 p.m. $3.

RED SQUARE: World Rhythment with Demus & Super K (reggae), 9 p.m. Free.

central

CHARLIE O'S: Karaoke, 10 p.m. Free.

LANGDON STREET CAFÉ: Jazz Rehab (improvisational jazz), 8 p.m. Donations.

MAIN STREET GRILL AND BAR: Mark Legrand (country), 7 p.m. Free.

STONECUTTERS BREWHOUSE: Open Mike, 7 p.m. Free.

champlain valley

TWO BROTHERS TAVERN: Monster Hits Karaoke, 9 p.m.

northern

BEE'S KNEES: Bottom Shelf Bootlegs (old-time), 7:30 p.m. Donations.

PICASSO: Karaoke, 8 p.m. Free.

WED.28 >> 14B

venues411

1/2 Lounge, 126 1/2 Church St., Burlington, 865-0012.
242 Main, Burlington, 862-2244.
35 Main Street Pub, 35 Main St., Winooski, 655-9773.
Alex' Place, 136 Church St., Burlington, 864-8111.
All Fired Up, 9 Depot Sq., Barre, 479-3333.
The Alley Coffee House, 15 Maplewood Dr., Milton, 893-1771.
American Flatbread, 115 St. Paul St., Burlington, 861-2999.
Ariel's Riverside Café & Pub, 198 River St., Montpelier, 229-0205.
Avenue Bistro, 1127 North Ave., Burlington, 652-9909.
Backstage Pub, 60 Pearl St., Essex Jct., 878-5494.
Bacchus, 77 Hudson St., St. Albans, 527-2110.
Bayside Winds Café & Pub, 7 Pavilion Pl., Essex Jct., 879-1752.
Barre Opera House, 6 North Main St., Barre, 476-8188.
Basin Harbor Club, 4800 Basin Harbor Rd., Vergennes, 1-800-622-4000.
Battery Park, Burlington, 865-7165.
Bayside Pavilion, 13 George Street Rd., St. Albans, 524-0909.
The Bearded Frog, 5247 Shelburne Rd., Shelburne, 985-9877.
Ben's Barn, 82 Lower Main St., Morrisville, 888-7838.
Big Fatty's BBQ, 55 Main St., Burlington, 864-5533.
Big Moose Pub at the Fire & Ice Restaurant, 26 Seymour St., Middlebury, 388-0361.
Big Picture Theater & Café, 48 Carroll Rd., Waitsfield, 496-8994.
Black Bear Tavern & Grill, 205 Hastings Hill, St. Johnsbury, 748-5438.
Black Door Bar & Bistro, 44 Main St., Montpelier, 223-7070.
The Blue Note Café, 4 Park St., Essex Jct., 878-5308.
The Bobcat Café, 5 Main St., Bristol, 453-3311.
Breakfast Hall, 51 East River Rd., Lincoln, 453-3883.
Bolton Valley Resort, 4302 Bolton Access Rd., Bolton Valley, 434-3444.
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The Brewski, Rt. 108, Jeffersonville, 644-6366.
BU2 Guapos, 152 Porters Point Rd., Colchester, 658-4292.
Brandy Center for the Arts, Rt. 100, Waitsfield, 496-1781.
Brown's Lounge, 1182 Shelburne Rd., Shelburne, 985-1230.
Burlington City Hall Auditorium, 149 Church St., Burlington, 865-7166.
Capitol Grounds, 45 State St., Montpelier, 223-7800.
Carol's Hungry Mind Café, 24 Merchants' Row, Middlebury, 388-0101.
Champlain Lanes Family Fun Center, 2630 Shelburne Rd., Shelburne, 985-2576.
Charlemont Restaurant, Rt. 100, Morrisville, 888-4242.
Charlie B's, 1144 Mountain Rd., Stowe, 253-7355.
Charlie O's, 70 Main St., Montpelier, 223-6820.
Chow! Bella, 28 N. Main St., St. Albans, 524-1405.
Cider House BBQ & Pub, 1675 Rt. 2, Waterbury, 244-8400.
City Limits, 14 Green St., Vergennes, 877-6919.
City Sports Grille, 215 Lower Mountain View Dr., Colchester, 655-2720.
Coffee Hound, 97 Blakely Rd., Colchester, 764-1020.
Club Metronome, 188 Main St., Burlington, 865-4563.
Contois Auditorium, 149 Church St., Burlington, 865-7166.
Davis Center, UVM, Burlington, 656-4833.
Dobra Tea, 80 Church Street St., Burlington, 951-2424.
Breeze, 133 St. Paul St., Burlington, 658-9603.
Finnigan's Pub, 205 College St., Burlington, 864-8209.
Flynn Center/FlynnSpace, 153 Main St., Burlington, 863-5966.
Franny O's, 733 Queen City Pk. Rd., Burlington, 863-2909.
Gilmartin's Tavern, 15 Bridge St., Plattsburgh, 518-561-5856.
Good Times Café, Rt. 116, Hinesburg, 482-4444.
Great Falls Club, Frog Hollow Alley, Middlebury, 388-0229.
Green Door Studio, 6 Howard St., Burlington, 316-1124.
Green Room, 86 St. Paul St., Burlington, 651-9669.
Greenwood Restaurant, 910 Williston Rd., S. Burlington, 860-1122.
Greenz, 10 Prospect St., Barre, 476-7919.
Halvorson's Upstreet Café, 16 Church St., Burlington, 658-0278.
Harbor Lounge at Courtyard Marriott, 25 Cherry St., Burlington, 864-4700.
Hardwick Town House, 127 Church St., Hardwick, 456-8966.
Harper's Restaurant at Holiday Inn, 1068 Williston Rd., S. Burlington, 863-6363.
Higher Ground, 1214 Williston Rd., S. Burlington, 652-0777.
Hinstons, 205 Williston Rd., S. Burlington, 863-0656.
The Hub, Airport Dr., Bristol, 453-3678.
The Hub Pizzeria & Pub, 21 Lower Main St., Johnson, 635-2618.
Inn Lantern, Route 4A, Castleton, 468-5414.
JP's Pub, 2879 Rt. 105, East Berkshire, 933-8528.
JP's Pub, 139 Main St., Burlington, 658-6389.
Jeff's Maine Seafood, 65 N. Main St., St. Albans, 524-6135.
Koffee Kat, 104 Margaret St., Plattsburgh, NY, 518-566-8433.
Krazy Horse Saloon, 14 Margaret St., Plattsburgh, NY, 518-570-9468.
La Brioche Bakery, 89 Main Point St., Montpelier, 229-0443.
Lamb Abbey, 65 Pioneer Center, Montpelier, 229-2366.
Langdon St. Café, 4 Langdon St., Montpelier, 223-8667.
Leunig's, 115 Church St., Burlington, 863-3759.
Lincoln Inn Tavern, 4 Park St., Essex Jct., 878-3309.
Localfolk Smokehouse, Jct. Rt. 100 & 17, Waitsfield, 496-5623.
Mad River Unplugged at Valley Players Theater, Rt. 100, Waitsfield, 496-8910.
Maggie's, 121 Margaret St., Plattsburgh, 518-562-5557.
Main St. Grill & Bar, 118 Main St., Montpelier, 223-3188.
Main St. Museum, 58 Bridge St., White River Jct., 356-2776.
Manhattan Pizza & Pub, 167 Main St., Burlington, 658-6776.
Mary's at the Inn at Baldwin Creek, 1868 N. Route 116, Bristol, 453-2432.
Matterhorn, 4969 Mountain Rd., Stowe, 253-8198.
McKee's Pub, 19 East Allen St., Winooski, 655-0048.
Memorial Auditorium, 250 Main St., Burlington, 864-6046.
The Monkey House, 30 Main St., Winooski, 655-4563.
Monopole, 7 Protection Ave., Plattsburgh, N.Y., 518-563-2222.
Muddy Waters, 184 Main St., Burlington, 658-0466.
Murray's Tavern, 4 Lincoln Pl., Essex Jct., 878-4901.
Music Box, 147 Creek Rd., Craftsbury, 586-2515.
Naked Turtle, 1 Dock St., Plattsburgh, N.Y., 518-566-6200.
Nectar's, 188 Main St., Burlington, 658-4771.
Nightcrawlers, 11 Porters Point Rd., Colchester, 129-6061.
Odd Fellows Hall, 486 North Ave., Burlington, 862-3209.
Old Lantern, 3260 Greenbush Rd., Charlotte, 425-2120.
Olde Yankee Restaurant, Rt. 15, Jericho, 893-1118.
Olive Ridley's, 37 Court St., Plattsburgh, 518-324-2200.
On the Rise Bakery, 44 Bridge St., Richmond, 434-7787.
Onion Pub & Grill, Route 108, Jeffersonville, 644-8884.
Overtime Saloon, 38 S. Main St., St. Albans, 524-0757.
Paramount Theater, 30 Center St., Rutland, 775-0570.
Parima, 185 Pearl St., Burlington, 864-7917.
Park Place Tavern, 38 Main St., Essex Jct., 878-3015.
Peabody's Pub, 1 Bridge St., Plattsburgh, 518-561-0158.
Pickle Barrel Nightclub, Killington Rd., Killington, 422-3035.
Pine Street Pub, 350 Mountain Rd., Stowe, 253-6411.
Positive Pie 2, 20 State St., Montpelier, 229-0453.
The Pour House, 1900 Williston Rd., South Burlington, 863-3653.
Purple Moon Pub, Rt. 100, Waitsfield, 496-3422.
Radio Bean, 8 N. Winooski Ave., Burlington, 660-9346.
Rasputin's, 163 Church St., Burlington, 864-9324.
Red Mill Restaurant at Basin Harbor, Vergennes, 475-2311.
Red Square, 136 Church St., Burlington, 859-8909.
Rhythm & Brews Coffeehouse at Living and Learning, UVM, Burlington, 656-4211.
Rí Rá Irish Pub, 123 Church St., Burlington, 860-9401.
Rusty Nail, Mountain Rd., Stowe, 253-6245.
Ruben James, 159 Main St., Burlington, 864-0744.
Second Floor, 150 Church St., Burlington, 660-9556.
Shooters Saloon, 30 Kingman St., St. Albans, 527-3777.
Skinny Pancake, 60 Lake St., Burlington, 540-0188.
Slide Brook Lodge & Tavern, 3180 German Flats Rd., Warren, 583-2202.
Smugglers' Notch Inn, 55 Church St., Rt. 108, Jeffersonville, 644-6607.
St. John's Club, 9 Central Ave., Burlington, 864-9778.
Starry Night Café, 5371 Rt. 7, Ferrisburgh, 877-6316.
Stowe Coffee House, 57 Mountain Rd., Stowe, 253-2189.
Sunset Ballroom, 434 Mountain Rd., Stowe, 253-9932.
Swerdlowers, 170 Church St., Burlington, 864-9800.
Stonecutters, 20 Church St., Burlington, 864-9800.
Table Café & Nightclub, 16 Margaret St., Plattsburgh, 518-568-0664.
Tamarack Grill at Burke Mountain, 223 Sherburne Lodge Rd., East Burke, 626-7394.
Three Rivers Restaurant & Bar, 10 Green Mountain View Dr., Colchester, 656-8886.
Trackside Tavern, 18 Malletts Bay Ave., Winooski, 655-9542.
Three Tomatoes Lodge Restaurant, Smugglers' Notch Rd., Rt. 108, Jeffersonville, 644-5638.
Two Brothers Tavern, 86 Main St., Middlebury, 388-0002.
Upper Deck Pub in the Windjammer, 1076 Williston Rd., S. Burlington, 862-6585.
Valley Players Theater, Rt. 100, Waitsfield, 496-9612.
Vergennes Opera House, 120 Main St., Vergennes, 802-877-6737.
Vermont Pub & Brewery, 144 College St., Burlington, 865-0500.
Village Tavern at Smugglers' Notch Inn, 55 Church St., Jeffersonville, 644-6765.
Theater City Studios, 2 Tracy Ave., Colchester, 655-0675.
Waterbury Wings, 1 South Main St., Waterbury, 244-7827.
Watershed Tavern, 31 Center St., Brandon, 247-0100.
Waterfront Theater, 60 Lake St., Burlington, 862-7469.

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NA = NOT AVAILABLE AA = ALL AGES NC = NO COVER

OUD BABY! :: Eastern European hybrids have been all the rage in popular-music circles recently. But where acts such as Antony & the Johnsons or Luminescent Orchestrii trade in Western music with Eastern Bloc flair, Montréal's **Shtreiml** takes the inverse approach. Led by diatonic harmonica virtuoso Jason Rosenblatt and deeply rooted in Turkish-Jewish traditions, the group has been widely hailed as "re-invigorating klezmer music." But with distinctive Western influences, their appeal promises to extend well beyond the rigid parameters set by purists. Catch 'em this Thursday at Montpelier's Black Door Bar & Bistro.

TUE.27 << 138

WED.28

burlington area

1/2 LOUNGE **Eirenic Acoustic Musicians' Workshop** (singer-songwriters), 7 p.m. Free. **DJ A-Dog** (hip-hop), 10 p.m. Free.

LEUNIG'S **Paul Asbell & Clyde Stats** (jazz), 7 p.m. Free.

LINCOLN INN TAVERN **Eagle Country Music Night with Rachel Rice & The Cosmic Americans** (country), 7 p.m. Free.

THE MONKEY HOUSE **Jazz Rehab** (improvisational jazz), 9 p.m. Free.

NECTAR'S **An Evening with W.E.S.T.** (jazz), 5 p.m. Free. **Live Album Recording Residency with Close to Nowhere** (rock), 9 p.m. Free/$5. 18+.

RADIO BEAN **Ensemble V** (jazz), 7 p.m. Free. **Irish Sessions**, 9 p.m., Free.

RED SQUARE **Myra Flynn & Spark** (neo-soul), 8 p.m., Free. **DJ Craft** (hip-hop), 11 p.m. Free.

SECOND FLOOR **Superstar Karaoke with Robbie J**, 10 p.m. Free/$5. 18+.

central

BLACK DOOR BAR & BISTRO **Comedy Night hosted by Kathleen Kanz** (standup), 8:30 p.m., $5.

CHARLIE O'S **Abby Jenne** (rock), 10 p.m. Free.

LANGDON STREET CAFÉ **Cannon Fodder** (alt-whatever), 8 p.m. Donations.

champlain valley

GOOD TIMES CAFÉ **Skellig** (traditional), 8 p.m. $7.

ON THE RISE BAKERY **Open Bluegrass Session**, 7:30 p.m. Donations.

northern

BEE'S KNEES **Nate Perham** (singer-songwriter), 7:30 p.m. Donations.

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106.1
WIZN
Classic Rock That REALLY ROCKS

Things You Should Know About The Vacant Lots

BY DAN BOLLES

PHOTO COURTESY OF JEREMY GANTZ

THE VACANT LOTS

In less than one year, The Vacant Lots have quietly become one of Burlington's most talked-about acts. The drum-and-guitar two-piece trades in a gritty, blistery style of rock with unmistakable shades of The Velvet Underground. But they maintain a distinctly modern minimalist bent. The resulting sound is a captivating experiment in duality from an intriguing new addition to Burlington's music scene.

Seven Days recently caught up with The Vacant Lots following a show at The Monkey House in Winooski.

Enjoy The Vacant Lots? Thank the CCTA.
Jared Artaud, 23, and Brian McFadyen, 15, met last spring at a bus stop on Shelburne Road. The bus never came and the pair, resigned to their ambulatory fate, shared the long walk from South Burlington to downtown Burlington. What some might have viewed as a curse — or at least an annoying inconvenience — ultimately became a blessing as the two discovered a shared affinity for music, which led them to start the band.

The band is a two-piece by design. But . . .
Though The Vacant Lots are a duo — and a dynamic one at that — they did audition several additional musicians prior to settling on their current incarnation. But according to Artaud, ultimately the lineup was "by design."

"When we were first rehearsing, we started looking for another guitar player," he says. "But it kind of naturally happened that we started developing our songs around that idea [of duality]. Finally, it was just, like, 'Fuck it, let's just do it ourselves.'"

Duality is a running theme for Artaud, musically and lyrically. His elegant, spare wordplay serves as an able foil for the band's overall spare approach. "We've always been focused around what two individuals can create in a particular space and time," he says.

The Vermont Youth Orchestra underutilizes Brian McFadyen.
McFadyen is an immediate curiosity onstage for two reasons. First of all, he's 15. And his slight frame seems almost dwarfed by the enormous floor toms, snare drum and cymbals behind which he stands. Which brings us to the second curiosity: He stands.

The teenager's decision to remain upright behind his unconventional kit was a natural extension of the band's general aesthetic. Duality — or, more specifically, expressing duality, requires opposing dynamics: good and evil, yin and yang, loud and soft. By standing, McFadyen uses the extra leverage to produce a truly visceral sound, punishing his skins with furious aplomb. Alternately, his raised perch allows him to be equally delicate in quieter moments. He is unquestionably the duo's backbone. Watching his flurry of mallet work, it's hard not to wonder why the VYO relegates him to triangle duty — or, as McFadyen puts it, he's the "triangulist."

The Vacant Lots' self-titled debut is very good. And it was recorded in a single night.
The Vacant Lots churned out their first full-length in one session. The album was recorded live at Chris Clark's Big Orange Studio in Addison. "We wanted to really put across that type of live vibe," says Artaud.

Though usually underwhelmed with the results, Artaud and McFadyen discovered that "mixing is an art unto itself" under the expert ears of Burlington's Ryan Power, who also contributed to the recording. Says Artaud, "There were moments when Ryan was mixing it and was screaming inside of the room."

The Revolution won't be televised. Fortunately, it's happening in Burlington.
Artaud moved to Burlington two years ago, having never visited the town prior. "There's just something about Burlington," he says. "I really believe that a revolution is necessary and that we need to redefine our values and explore new roads. I believe that art can pave that road. And I really believe that is happening here."

Artaud points to the wealth of artists and musicians, new and old, currently combating what he calls "the decay around us." When asked to be more specific, his eyes light up. "There are some really great bands doing things here that weren't happening a year, two years ago," he says. "There's a revitalization of spirit. Rough Francis, Blowtorch, Nose Bleed Island ... these are all people who are expressing in this new light for our generation." Even if two of those bands play music that actually dates back a generation? "It just feels really good to be part of something that we can all tap into the energy of."

The Vacant Lots play at The Fifth Element this Friday with Rough Francis and Blowtorch.
You should go. Really. ⑦

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On January 9, 2009 Audrey Valle arrived to join her almost two-year old sister Grace and her mom Emily to totally out number her dad TJ. With a wink for the camera she knows already that girls rule! Dad seems pretty happy. The Valle family lives in Barre.

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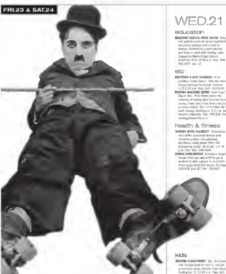
FRI.23 & SAT.24



WHAT'S MIME IS YOURS

In an era when Hollywood blockbuster filmmakers allocate hundreds of thousands of dollars to audio effects and surround-sound swagger, it's hard to remember that within living memory, movies were literally all visuals, no sound — and actors had to accommodate. Circus Smirkus founder Rob Mermin sums up the forgotten art of silent film acting in a Friday talk that includes 50-plus film clips featuring genre greats Rudolph Valentino, Mary Pickford, Charlie Chaplin, Buster Keaton, Lillian Gish and Greta Garbo. And for those who'd like to experiment with inside-the-box thinking, Mermin (a professionally trained clown and mime who studied with the late, great Marcel Marceau) follows up with a Saturday silent acting workshop that mixes circus tricks with methods of getting your point across — without a peep.

'SILENTS ARE GOLDEN'
Friday, January 23, 7-9 p.m. at All Souls Interfaith Gathering in Shelburne. $15. Info, 985-3819.

'THE RHETORIC OF GESTURE'
Saturday, January 24, 10 a.m.-noon at All Souls Interfaith Gathering in Shelburne. $20. Info, 985-3819.
www.allsoulsinterfaith.org; www.robmermin.com

WED.21

education

WALDORF SCHOOL OPEN HOUSE: Kids and parents learn about an experiential education method with a visit to classes, followed by a welcome tea and time to meet with faculty. Lake Champlain Waldorf High School, Charlotte, 8:30-10:30 a.m. Free. Info, 985-2827, ext. 12.

etc

KNITTING & RUG HOOKING: Point pushers create scarves, hats and mats. Briggs Carriage Bookstore, Brandon, 5:30-8:30 p.m. Free. Info, 247-0050.

SEWING MACHINE INTRO: Feed frogs? Zipper feet? First-timers learn the anatomy of sewing aids in a two-hour course, then take a test drive and plan an easy project. The Bobbin Sew Bar & Craft Lounge, Burlington, 2-4 p.m. $40 includes materials. Info, 862-7417, rachel@thebobbin.com.

health & fitness

'DINING WITH DIABETES': Instructors with UVM's Extension Service give diabetics pointers for planning nutritious, tasty meals. Winooski Community Center, Winooski, 5-6:30 p.m. Free. Info, 388-4969.

ZUMBA BURLINGTON: Exercise in disguise? People of all ages and abilities get a workout at what appears to be a Latin-dance party. North End Studio, Burlington, 5:30-6:30 p.m. $7. Info, 734-5621.

kids

'MOVING & GROOVING': Two- to 5-year-olds boogie down to rock 'n' roll and world-beat music. Fletcher Free Library, Burlington, 11-11:30 a.m. Free. Info, 865-7216.

music

Also, see clubdates in Section B.

FREE JAZZ WORKSHOP: Area acoustic bass player Anthony Santor offers pointers on improvisational music; past lineup. Room 221, Mahaney Center for the Arts, Middlebury College, Middlebury, 7:30 p.m. Free. Info, 443-3288.

'LA RONDINE': Opera aficionados absorb the Met's high-def multivideo broadcast of Puccini's opus about lovelorn Parisians. Palace Cinema 9, South Burlington, 7 p.m. $20. Info, 660-9300.

talks

'ASPECTS OF VERMONT' SERIES: Local historian Norbert Rhonersen communicates grave truths about the cemeteries of Rural Vermont. Kellogg-Hubbard Library, Montpelier, 7 p.m. Free. Info, 223-3338.

'LOVE AND FORGIVENESS' SERIES: Abenaki tribal historian Fred Wiseman, a Johnson State College humanities professor, outlines native peoples' perspectives on Vermont's long-term past. Brownell Library, Essex Junction, 7 p.m. Free. Info, 878-6956.

THU.22

dance

'DANCING NEIGHBORS': Local choreographers Clare Byrne and Selene Colburn and a dance duo present pieces — improvised and otherwise — at a supportive community showcase. UVM Recital Hall, Burlington, 7 p.m. $15. Info, 656-2295.

etc.

STITCH & BITCH: Loud-mouthed yarn fanatics hash it out while fingers fly. The Bobbin Sew Bar & Craft Lounge, Burlington, 2-4 p.m. Free. Info, 862-7417.

movies

Also, see movie theater showtimes in Section A.

'CHILDREN OF WINTER': Skiers and snowboarders register for door prizes at a screening of Warren Miller's extreme winter-sports footage, which includes frosty shots from Japan, Austria, Iceland and Alaska. Vermont Ski Museum, Stowe, 7 p.m. Call for cost. Info, 253-9911.

'THE EDUCATION OF SHELBY KNOX': This documentary about an evangelical teen's crusade to bring comprehensive sex-ed to Lubbock, Texas, schools receives a screening on the 36th anniversary of *Roe v. Wade*. RU12? Community Center, Burlington, 6:30-8 p.m. Free. Info, 288-8412.

music

Also, see clubdates in Section B.

KRISHNA DAS: Devotional Indian chants support call-and-response kirtan yoga at a local gig by this American world-music maestro. Unitarian Church, Burlington, 7:30 p.m. $30-35. Info, 652-0777.

MARIA SCHNEIDER ORCHESTRA: Though there may not be much competition nowadays, *The Washington Post* called Schneider "the foremost big-band composer of her generation." Her 19-piece jazz ensemble plays pieces from her new album *Sky Blue*. Flynn MainStage, Burlington, 7:30 p.m. $33-43. Info, 863-5966.

'THE POWER OF SONG': Members of Sweet Honey in the Rock offer a vocal workshop that links music to intercultural cooperation. See calendar spotlight. Rollins Chapel, Dartmouth College, Hanover, N.H., 5:30 p.m. Free. Info, 603-646-2010.

sport

THURSDAY SKI INN: Cross-country skiers traverse the landscape en masse on a group outing, then entertain lunch options. Highland Lodge & XC Center, Greensboro, 10 a.m. Free. Info, 533-2647.

talks

ESTATE PLANNING SEMINAR: Two experts present info about trusts, wills, probate law, guardianships and Medicaid asset protection. Maple Street Recreational Center, Essex Junction, 6-8 p.m. $6-11. Info, 879-7133.

INSIGHTS PREPERFORMANCE LECTURE: UVM music professor Alex Stewart contextualizes the work of contemporary big-band jazz composer Maria Schneider. Amy E. Tarrant Gallery, Flynn Center, Burlington, 6 p.m. Free. Info, 863-5966.

MARTIN LUTHER KING III: The human rights advocate and community activist who rallies for Martin Luther King Jr. "Dolt" keynotes a campus-wide celebration honoring his father's life and legacy. UVM Patrick Gymnasium, South Burlington, 4 p.m. Free, but tickets are required, call 802-656-4636. Info, 656-4638.

'WHERE IN THE WORLD IS KINGDOM COUNTY?': Vermont author Howard Frank Mosher offers a visual overview of the fictional setting for his novels. Colchester Meeting House, Colchester, 7-8:30 p.m. Free. Info, 879-7578.

words

CHARLES BARASCH: Inauguration fever? You betcha. The Vermont-based poet makes imaginative leaps between historical figures at a reading from his recent collection *Theatre of the Presidents*. Briggs Carriage Bookstore, Brandon, 7 p.m. Free. Info, 247-0050.

JEANNE HARVEY BEHOO: The chair of UVM's Department of Nutrition and Health Sciences talks about the research behind her award-winning book *The Fettingfull Diet: The University-Tested Vitam Weight Loss Program*. New England Federal Credit Union, Williston, 5:30-6:30 p.m. Free; please call to RSVP. Info, 800-400-8790.

POETRY WORKSHOP: Scribes in the making put pen to paper as part of an open-verse-writing session. Fletcher Free Library, Burlington, 5-8 p.m. Free. Info, 862-1094.

FRI 23 18B >>

CHOICE VOICES

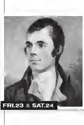
THU.22 & FRI.23

PHOTO COURTESY OF DWIGHT CARTER

In the world of a cappella music, Sweet Honey in the Rock is something of an institution. Founded as a quartet in Washington, D.C., in 1973, the all-female, African American ensemble isn't immune to change — more than 20 individual singers have graced its lineup in 36 years — but its offerings remain as steady and sweet as the biblical parable to which it owes its name. Contemporary rhythms complement a musical style rooted in gospel music, spirituals and hymns. Original songs explore facets of motherhood, spirituality, freedom, civil liberties, domestic violence and racism, tempering social injustice with heavenly harmonies. Sweet Honey's six dynamic divas deliver a post-inauguration workshop and concert at Dartmouth; readings and music explore poverty, family and cross-class cooperation.

'THE POWER OF SONG'
Thursday, January 22, 5:30 p.m., at Rollins Chapel, Dartmouth College, Hanover, N.H. Free. Info, 603-646-2010.

SWEET HONEY IN THE ROCK
Friday, January 23, 8 p.m., at Spaulding Auditorium, Dartmouth College, Hanover, N.H. $16-40. Info, 603-646-2422. www.sweethoney.com, www.hop.dartmouth.edu



FRI.23 & SAT.24

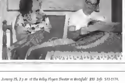
GREAT SCOT

Celebrations of Scottish poet Robert Burns' birthday feature his favorite dish with good reason. Even among Edinburgh expats, Burns' boisterous, tongue-heavy "Address to a Haggis" traditionally receives a recitation before the steaming, spiced sausage gets sliced. Two area dinners pair poetry and music with the sheep-innards-and-oatmeal delicacy in honor of Burns' 250th birthday. Burlington-area music mavens may remember Vermont native and longtime bagpiper Iain MacHarg's sequin-clad instrument heading Celtic rock bands Whiskey Before Breakfast and Pyde Piper. He's since gone completely plaid, teaching and playing the Highland pipes statewide. Catch MacHarg with harpist Mary Fran Strafford and "dance piper" Dan Houghton at a Chandler dinner and concert, or survey the St. Andrews Society of Vermont's Barre shindig featuring dance demos and post-meal music by the Highland Weavers. *Slainte mhath!*

IAIN MACHARG & FRIENDS
Friday, January 23. traditional Scottish dinner in the Chandler's upper gallery, 6 p.m.; concert at the Chandler Music Hall in Randolph, 7:30 p.m. $37 includes pre-concert feast; $15 for concert alone. Info, 728-6464. www.chandler-arts.org

ROBERT BURNS DINNER
Saturday, January 24, 5-9 p.m., at the Elks Club in Barre. $25, email bylandt5@juno.com for reservations. www.standrewssocietyofvermont.org

ONE-NIGHT STANDARD



FRI.23-SUN.25

PHOTO COURTESY OF FRANCIS MORGAN

Theatergoers can usually hazard a guess that a romantic comedy will depict, well, a relationship. That's not exactly the case with Bernard Slade's *Same Time, Next Year*. Set at a country inn, it follows a frustrated housewife and a harried businessman — each married to someone else — who hook up after a chance dinner. But instead of calling it quits after a one-night stand, the couple make a pact to meet again in a year. Over the course of the Valley Players production, their annual assignations span a quarter of a century, as each cheater airs personal goals involving love, work, kids and the meaning of life to a sympathetic listener. The action, so to speak, stays in a single hotel room but covers the turbulent decades of the 1950s through '70s, so there's lots to talk about.

SAME TIME, NEXT YEAR
Friday through Saturday, January 23-24, 7:30 p.m.; Sunday, January 25, 2 p.m., at the Valley Players Theater in Waitsfield. $10. Info, 583-1674. www.valleyplayers.com

<calendar>

Listings and spotlights
Meghan Dewald

submission guidelines

All submissions are due in writing at noon on the Thursday before publication. Be sure to include the following in your email or fax: name of event, brief description, specific location, time, cost and contact phone number. SEVEN DAYS edits for space and style.

Use our convenient online form at:
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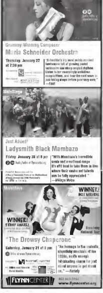

Flynn Center 2009

Grammy Winning Composer
Maria Schneider Orchestra
Thursday, January 22 at 7:30 pm
"Schneider's big band paints musical landscapes full of glowing pastel harmonies and sharp-angled rhythms. Listen to her sweepingly ambitious compositions, and hear the next wave in jazz taking shape before your very ears." —TIME

Just Added!
Ladysmith Black Mambazo
Friday, January 30 at 8 pm
"With Mambazo's incredible sonic and emotional range it's still best to take them in live where their exuberant talents can be fully appreciated." —Village Voice

"The Drowsy Chaperone"
Saturday, January 31 at 8 pm
"An homage to the melodic, slapsticky musicals of the 1920s, with enough intoxicating charm for just about anyone to get drunk on." —Variety

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FLYNNCENTER 802-863-5966 www.flynncenter.org

<calendar>

THU.22 << 17B

FRI.23

etc.

FAMILY NIGHT: Divorced, widowed and single adults bring their kids to shoot hoops, play foosball and favorite board and card games. Essex Alliance Church, Essex, 6 p.m. Free ($3 per person or $5 per family includes pizza; please bring a salad to share). Info, 878-8057, mirimos@gmavt.net.

TERTULIA LATINA: Latino-americanos and other fluent Spanish speakers converse en español. Radio Bean, Burlington, 5:30-7 p.m. Free. Info, 863-3440.

food & drink

BENEFIT DINNER: A silent auction augments Eastern European cuisine at this fundraiser for the Vermont-based intercultural exchange nonprofit Common Thread. Musical group Trei Arcuri provides tunes. Fellowship Hall, St. Jude Catholic Church, Hinesburg, 6:30-10 p.m. $25 and a nonperishable food shelf donation. Info, 453-3795.

health & fitness

ZUMBA BURLINGTON: See WED.21, 5:30-6:30 p.m.

kids

'KIDS' KNIGHT OUT': Ages 5-12 enjoy an evening of movies, crafts, swimming, food and more. Ross Sports Center, St. Michael's College, Colchester, 5:30-9 p.m. $18-25. Info, 654-2500.

music

Also, see clubdates in Section B.

IAIN MACHARG & FRIENDS: A skirling bagpipe precedes this Celtic concert featuring local bagpipe booster Iain MacHarg, harpist Mary Fran Stafford and other musicians. See calendar spotlight. Traditional Scottish dinner in the Chandler's upper gallery, 6 p.m.; concert, 7:30 p.m. Chandler Music Hall, Randolph. $37 includes preconcert feast; $15 for concert alone. Info, 728-6464.

RUN MOUNTAIN: Foot-stomping fiddle breakdowns and hillbilly ballads inspire elbow jigs at a gig by this three-person old-time string band. Briggs Carriage Bookstore, Brandon, 7 p.m. Free. Info, 247-0050.

SWEET HONEY IN THE ROCK: The six women of this African American a cappella group meld social justice messages with musical diversity. See calendar spotlight. Spaulding Auditorium, Hopkins Center, Dartmouth College, Hanover, N.H., 8 p.m. $18-48. Info, 603-646-2422.

talks

'SILENTS ARE GOLDEN': Circus Smirkus founder Rob Mermin ruminates about the forgotten art of silent-film acting. See calendar spotlight. All Souls Interfaith Gathering, Shelburne, 7-9 p.m. $15. Info, 985-3819.

theater

'GYPSY': Middlebury College collaborates with community members for this Stephen Sondheim musical based on the 1957 memoirs of American burlesque actress Gypsy Rose Lee. Town Hall Theater, Middlebury, 8 p.m. $5-8. Info, 443-6433.

'SAME TIME, NEXT YEAR': The Valley Players put a leg up on Bernard Slade's comedy about a couple who repeat a one-night stand annually for 25 years. See calendar spotlight. Valley Players Theater, Waitsfield, 7:30 p.m. $10. Info, 583-1674.

SAT.24

dance

FAMILY DANCE: Cuckoo's Nest makes music for dancers in clean shoes and Andy Davis calls the steps. Family dance 5-6:30 p.m.; potluck supper, 6:30 p.m.; contra dance 8-10 p.m. Tracy Hall, Norwich, 5-10 p.m. $5-8; free for kids younger than 12. Bring a potluck dish to share. Info, 785-4307.

OTTER CREEK CONTRA DANCE: Caller Cassanne Allen coordinates folks in soft-soled shoes to live tunes by Tom the Fiddler. Holley Hall, Bristol, 8 p.m. $8. Info, 453-4613.

SWING DANCE: DJ'd tunes serve syncopated beats for 1940s-and 50s-style partner dancing, after a free half-hour lesson. Champlain Club, Burlington, 8-11 p.m. $5. Info, 864-8382.

etc

BONE MARROW REGISTRATION DRIVE: Potential donors hear how matches are made for cell transfusions, then consider offering a cheek swab to join a national database. Community Space, University Mall, South Burlington, 10 a.m.-6 p.m. Free. Info, 401-248-5760.

FRENCH ROUNDTABLE: Speakers at various skill levels [illegible] café during an open practice session. Briggs Carriage Bookstore, Brandon, 9:30 a.m. Free. Info, 247-0050.

GREEN MOUNTAIN OBAMA BASH BALL: Janet Johnson and the Jazz Ambassadors supply a jubilation at this community meal and dance honoring the newly inaugurated U.S. president. Sheraton Hotel, South Burlington, 8-11 p.m. $50 includes dinner and a cash bar; call for reservations. Info, 651-3487, [illegible]@uvm.edu.

'THE ONE' FASHION EVENT: Models strut styles featured by local businesses, then highlight outfits designed by area teens at a 21-plus benefit for the Boys & Girls Club of Burlington. Higher Ground, South Burlington, 8 p.m. $25-30. Info, 862-0777.

fairs & festivals

NECI FAMILY WINTER FESTIVAL: At this cold-weather fest hosted by the New England Culinary Institute, kids and parents sample snow [illegible] on snow, children's theater, lace painting, cookie decorating and sleigh rides and take in ice carving and "Iron Chef" competitions. The Inn at Essex, Essex Junction, 10 a.m.-4 p.m. $5-10. Info, 764-1497.

food & drink

MIDDLEBURY WINTER FARMERS' MARKET: Upwards of fifteen area growers, cheesemakers, bakers and craftspeople collaborate to offer year-round "eat local" options. Town Hall Theater, Middlebury, 10 a.m.-2 p.m. Free. Info, 388-0171.

ROBERT BURNS DINNER: Music by the Highland Weavers enlivens a traditional meal honoring Scotland's bard with poetry and pipes. See calendar spotlight. Elks Club, Barre, 5-8 p.m. $25; email for reservations. Info, [illegible].

RUTLAND WINTER FARMERS' MARKET: Shoppers seeking locally raised edibles pick up root vegetables, cheeses, pickles and other [illegible] lavender. Rutland Natural Food Market, Rutland, 10 a.m.-2 p.m. Free. Info, 438-5813.

health & fitness

ZUMBA BURLINGTON: See WED.21, 8:30-9:30 a.m.

movies

Also, see movie theater showtimes in Section A.

CONTROL: This 2007 black-and-white biopic follows the short life of Ian Curtis, lead singer of the Manchester, England, post-punk band Joy Division. Dana Auditorium, Sunderland Language Center, Middlebury College, Middlebury, 3 p.m. & 8 p.m. Free. Info, 443-6433.

music

Also, see clubdates in Section B.

BREAD & BONES: The trio entertains browsers and shoppers with eclectic and original folk. Briggs Carriage Bookstore, Brandon, 7 p.m. Free. Info, 247-0050.

'ORFEO ED EURIDICE': Opera aficionados absorb the Met's high-def audiovisual broadcast of Gluck's opera about a Greek bard and his departed babe. Palace Cinema 9, South Burlington, 1 p.m. $18-24. Info, 660-9300.

THE TURTLES: The two pop rock songsmiths responsible for such '60s hummables as "Happy Together" share past hit singles. Paramount Theatre, Rutland, 8 p.m. $32.50-42.50. Info, 775-0903.

VERMONT SYMPHONY ORCHESTRA: Violinist Jaime Laredo and cellist Sharon Robinson solo in a "Music of Our Time" program featuring Prokofiev's "Romeo and Juliet Suite" and the world premiere of a concerto by local composer David Ludwig. Flynn MainStage, Burlington, 8 p.m. $9-58. Info, 863-5966.

sport

SNOWSHOE NATURE WALK: A naturalist leads a trek for New England mammals on a family-friendly route. Highland Lodge & XC Center, Greensboro, 2 p.m. $8; $5.50 for kids age 12 and younger. Info, 533-2647.

talks

'CHILDHOOD TRAUMA, TRANSFORMED': This psychoanalytic workshop includes a screening of Ingmar Bergman's 2003 film *Saraband*, in which a woman visiting her ex-husband finds herself drawn into an unexpected family conflict. Film House, Main Street Landing Performing Arts Center, Burlington, 9 a.m.-1 p.m. $25. Info, 861-7635, mlevinskywohl@vapsvt.org.

'PSYCHOANALYTIC APPROACHES TO FILM': Explore some of the conscious and unconscious wonder connections between movie-watching and dream states at a seminar hosted by the Vermont Association for Psychoanalytic Studies. Film House, Main Street Landing Performing Arts Center, Burlington, 2:45-4:30 p.m. $25. Info, 861-7635, mlevinskywohl@vapsvt.org.

theater

'GYPSY': See FRI.23, 8 p.m.

'SAME TIME, NEXT YEAR': See FRI.23, 7:30 p.m.

'THE RHETORIC OF GESTURE': Adults cultivate nonverbal communication skills in this class-cum-mime workshop with Circus Smirkus founder Rob Mermin. See calendar spotlight. All Souls Interfaith Gathering, Shelburne, 10 a.m.-12 p.m. $20. Info, 985-3819.

words

'THE BIG READ' KICKOFF: Journalist Amy Goodman, producer and host of Pacifica Radio's "Democracy Now," keynotes the launch of a statewide reading program focused on Ray Bradbury's *Fahrenheit 451*. Other highlights include a video interview with Bradbury and clips from a new documentary profiling Vermont's art-making activists — followed by performances from a few of them. Essex High School, Essex Junction, 2 p.m. Free. Info, 878-9856.

Got an upcoming event?
www 7dvt com/postevent

SUN.25

etc

ANTIQUES MARKET Dreamer hunters find bargains amid antiques. Elks Club, Montpelier, preview 7:30 a.m., market 8 a.m.-1:30 p.m. $2-5. Info, 751-0138.

CHESS CLUB Tacticians warriors do strategic battle at the behest of players of all ages and abilities. Briggs Carriage Bookstore, Brandon, 12:30-2:30 p.m. Free. Info, 247-0050.

DUNGEONS & DRAGONS Paper-and-pencil adventures await imaginative XP earners. Briggs Carriage Bookstore, Brandon, 2:30 p.m. Free. Info, 247-0050.

PRE-SUPERBOWL SUNDAY Our trivia takes a new form at this game-themed fundraiser for the Foundation for Alcoholism Research. Fellowship Hall, Congregational Church, Middlebury, 2-5 p.m. $10-12. Info, 758-2243, info@nicolettmemorial.org.

SCRABBLE CLUB Triple-letter square seekers wage word wars. McClure MultiGenerational Center, Burlington, 2-8 p.m. Free. Info, 862-7558.

kids

LOLLIPOP SKI RACE Young skiers dressed up in fun zip down the "Mighty Mite" hill, with encouragement from Olympians Marilyn and Barbara Ann Cochran. Cochran's Ski Area, Richmond, 1 p.m. Free with purchase of a $14 youth day pass. Includes purchase lollipop. Info, 434-2479.

music

Also, see clubdates in Section B.

'ORFEO ED EURIDICE' See SAT 24. Loew Auditorium, Hopkins Center, Dartmouth College, Hanover, N.H., 1 p.m. $26. Info, 603-646-2422.

VERMONT SYMPHONY ORCHESTRA See SAT 24. Paramount Theatre, Rutland, 4 p.m. $8-28. Info, 775-0903.

sport

1/9TH MILER SHORT RUN Magic Hat Brewing Company runners trek Queen City sprint from Church to Bank Streets to raise funds for Forever Young Treehouses. Church Street Marketplace, Burlington, 2 p.m. $20 to run, free to watch. Runners receive a t-shirt and a one-month membership to Burlington-area YMCAs. Info, 865-5211.

WOMEN'S WINTER PROGRAM Weather permitting, ladies strap on snowshoes for an all-female intro to winter touring. Craftsbury Outdoor Family Center, Williston, 8-9 a.m. $10 for the tour, $5 for snowshoe rental. Info, 879-6001.

theater

'GYPSY' See FRI 23, 8 p.m.

'SAME TIME, NEXT YEAR' See FRI 23, 2 p.m.

MON.26

etc

HOME-BUYING SEMINAR Prospective buyers learn the ins and outs of the process from mortgage and real estate professionals. Sweetwaters, Burlington, 5:45 p.m. Free; preregister to receive a free copy of your credit report. Info, 318-0825, sue.ryan@mortgagefamily.com.

'SPEND SMART' Low-income Vermonters learn skills for stretching bucks. Champlain Valley Office of Economic Opportunity, Burlington, 10 a.m.-12:30 p.m. Free. Info, 860-1417, ext. 104.

food & drink

CRASH COLLECTIVE POTLUCK Community-minded types share sustenance and swap ideas at a new grassroots gathering spot. Burlington Infoshop, Burlington, 7:30 p.m. Free; bring a vegetarian dish to share. Info, 338-1813, info@crashcollective.org.

health & fitness

ZUMBA BURLINGTON See WED 21, 6-7 p.m.

kids

FAMILY SING-ALONG Parents and kids belt out fun tunes with Gevedes Fletcher Free Library, Burlington, 10-10:30 a.m. Free. Info, 865-7216.

MONDAY MUSIC Local musician Mr. Arimes tells stories and sings kid-friendly faves. In the J.C. Penney seating area, University Mall, South Burlington, 10:30 a.m. Free. Info, 863-1066, ext. 11.

theater

'FROM THE MIXED-UP FILES OF MRS. BASIL E. FRANKWEILER' ArtsPower's new dramatic adaptation of E.L. Konigsburg's 1968 novel follows Greenwich, Connecticut, siblings as they run away from home and take up residence at the Metropolitan Museum of Art. Town Hall Theatre, Woodstock, 9:30 a.m. & 12:30 p.m. $6. Info, 457-3981.

TUE.27

etc

'FINANCIAL SELF PROTECTION' Low-income Vermonters put a prophylactic measure against overspending on credit, and learn how to repair a damaged credit rating. Winooski Community Center, Winooski, 6-8 p.m. Free. Info, 860-1417, ext. 104.

MOVERS & SHAKERS Individuals work on determining passions, setting goals and developing confidance by choosing and acting on three specific aims — then meet next week to compare notes and choose three more. Burlington Infoshop, Burlington, 6 p.m. Free. Info, 338-1813, info@crashcollective.org.

kids

'ELMO MAKES MUSIC' In this Sesame Street live production, a music teacher enlists more than a dozen life-sized Muppets to help her replace lost instruments with fun found-object noisemakers. Flynn MainStage, Burlington, 7 p.m. $17-25.50. Info, 863-5966.

movies

Also, see movie theater showtimes in Section A.

'LA MILAGROSA' Sam Merrill of Middlebury College's Film and World Culture department screens his Hungarian film set in a mothering gallery in Havana, Cuba. Dana Auditorium, Sunderland Language Center, Middlebury College, Middlebury, 8 p.m. Free. Info, 443-5684.

'REEL BAD ARABS' In this documentary subtitled *How Hollywood Vilifies a People*, a cultural critic explores the on-screen evolution of Middle Eastern stereotypes. Burlington Infoshop, Burlington, 7 p.m. Free. Info, 861-2346.

'TOUGH GUISE' This documentary examines the negative effects of media portrayals of male dominance, sexism and violence. Library, Montpelier High School, Montpelier, 7 p.m. Donations. Info, 476-8730.

words

'LET MY STORIES TELL YOU WHO I AM' Storyteller and musician Charlotte Blake Alston shares African American oral traditions via worth graces and rhythms. Chandler Music Hall, Randolph, 4:30 p.m. $5. Info, 728-6464.

WED.28

activism

VERMONT 3.0 LEGISLATIVE FORUM CEOs from Vermont-based creative, "green" and tech companies meet with lawmakers to talk about the state's business climate. Room 11, Vermont Statehouse, Montpelier, 4 p.m. Free. Info, 864-5684, ext. 14.

etc

BONE MARROW REGISTRATION DRIVE See SAT 24. Grand Way Commons, South Burlington, 8 a.m.-12 p.m. Free. Info, 401-248-5768.

HOME-BUYER ORIENTATION Before shopping, potential house hunters determine whether homeownership fits their needs. Central Vermont Community Land Trust, Barre, 5:30-6:30 p.m. Free. Info, 476-4493, ext. 211.

ITALIAN CONVERSATION GROUP *Parla Italiano?* A native speaker leads a language practice for all ages and abilities. Room 101, St. Edmund's Hall, St. Michael's College, Colchester, 7-8 p.m. Free. Info, 864-3874.

health & fitness

'DINING WITH DIABETES' See WED 21, 6-8:30 p.m.

ZUMBA BURLINGTON See WED 21, 5:30-6:30 p.m.

kids

'ELMO MAKES MUSIC' See TUE 27, 10:30 a.m. & 7 p.m.

'MOVING & GROOVING' See WED 21, 11-11:30 a.m.

talks

'A CONVERSATION ON RACE' Art Cobbett, the founder of the Great News Gazette, [illegible] program in Chittenden County, facilitates a discussion on [illegible] dimensions of [illegible]. Unitarian Church, Burlington, 7-8:30 p.m. Free. Info, 878-0578.

'LOVE AND FORGIVENESS' SERIES [illegible] explains how she helps groups and individuals settle their differences. [illegible] Free. Info, 878-0555.

theater

'GYPSY' See FRI 23, 8 p.m.

'I HAVE BEFORE ME A REMARKABLE DOCUMENT GIVEN TO ME BY A YOUNG LADY FROM RWANDA' [illegible] explores his creativity [illegible] the story of a survivor of the Rwandan massacre. [illegible] 7:30 p.m. $23-31.50. Info, 863-5966.

'THE YEAR OF MAGICAL THINKING' Adapted from Joan Didion's memoir by the same title, this [illegible] her husband and daughter. [illegible] Barre Opera House, [illegible] 7:30 p.m. $15-54. Info, 280-7000. [illegible]

Barre Opera House CELEBRATION SERIES

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HEALTH & LONGEVITY

Qigong is the ancient Chinese art of creating health by combining meditation, movement and breath

Qigong Class

Begins Wednesday, January 28, 2008

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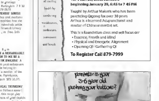
Wednesday evenings for 10 weeks
Acupuncture & Qigong Health Center
167 Pearl St., Essex Junction
beginning January 28, 6:45 to 7:45 PM

Taught by Arthur Makaris who has been practicing Qigong for over 30 years. Arthur is a licensed Acupuncturist and master of Chinese martial art.

This is a foundation class and will focus on:
- Essence, Breath and Mind
- Physical and Energetic Alignment
- Opening Qi/Gathering Qi

To Register Call 879-7999



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WOMEN seeking MEN

JUMP IN
I'm a friendly girl who has two great daughters. I love to cook and I hope that someday I will own my own restaurant. I've been [illegible] lately due to living in the middle of nowhere and not knowing anyone. I will be moving back to Burlington soon, that is where I grew up. **katemk23, 28 ☐, #112529**

THOUGHTFUL, FUN, ADVENTUROUS
[illegible] you make a pitch. I like to do things that are fun! If I have not tried something I'm willing to give it a shot. I love family & friends, snuggling & being close, but also like to have time to myself to be quiet & listen. **kathy41 44, [illegible] ☐, #112358**

FUNNY, SMART, ADVENTUROUS, DEFIANT
Native Vermonter [illegible] in her kingdomus seeks friend/companion to see [illegible] & explore the outdoors & trails [illegible] with. **NativeVT64, 41 [illegible] #111862**

DO THESE JEANS MAKE MY...
I won't finish [illegible] ask the question unless I expect honesty. Enjoy all kinds of activities [illegible] skiing, biking, golfing, hiking, anything outside. Hanging at home with dog & 2 cats, taking a nap or working on a household project. Love a mix of activities & look forward to quiet time to read, reflect & recharge. Music! Local venues, festivals, concerts. **skiliKeagirl, 43 ☐, #112511**

SHORT, SWEET & SASSY
I'm a very outgoing, hardworking & honest person. A tomboy who loves football, biking, fishing, camping, snowshoeing & shooting pool. I also enjoy hanging out, catching a movie & going out dancing occasionally. I think the world of my family & friends. Looking to find someone for fun, companionship & adventure. A Giants fan gets bonus points! **Giants66, 44 ☐, #112903**

GENUINE, WARM, CARING, RESERVED FUN
I'm a kind-hearted, gentle, sweet medical student w/a warm smile & silly sense of humor. Although I am a bit outwardly shy, once I get to know you a little bit my strong & fun personality emerges. I love sports, music & stimulating conversations. I am looking for someone to help bring out my adventurous side. **AtTheShore43h, 2h ☐, #112480**

TRUSTING, CARING, RELIABLE, RESPECTFUL
Looking for what was missing in terminated, long-term marriage. Family, quiet time, natural world very important. Caregiver looking for someone who will be caring towards me and understand me. I'm a delicious nut: tough on the outside and soft in the middle. Seek companionship, possibility of a long-term relationship, opportunity to joyfully share life's opportunities and challenges. **caringcaring, 58 ☐, #112471**

LOVELY LAUGHING LADY OF LIFE
I am totally interested in all that life has to offer, whether it's bought or [illegible]. Am interested in getting to know someone as much as possible to whatever end that may mean. I don't want to live half-assed. Not interested in games. Direct communication is more interesting. I want honesty, laughter, joy, companionship, two strong arms and you. **[illegible] ☐, #112470**

WANTING MORE
26 y/o SWF looking for an attractive M who is honest, expressive, communicative and has a sense of humor. I am 5'6", 135 lbs. blonde hair and blue eyes. Must like children. I have two young boys. I don't want more. I am professional and a student. Must be sober, have a job, be responsible and stable. Not looking for one-night stands or casual sex. Race not important but African American men encouraged to reply. **Bhaneana26, 26 ☐, #105350**

I ROCK, SO SHOULD YOU!
Hello, I'm Diana. I live in Montpelier, work a full time job, go to the gym, hang out with friends, I drink liquor [illegible]. I love music. Mostly, I'm looking for new friends with the possibility of something maybe budding out of it. I'm a fun-loving person looking for whatever may come. **[illegible] 28 ☐, #112423**

ORIGINAL COUNTRY GIRL
I am a loving, caring, down-to-earth girl with a good sense of humor. I love to be outside snowshoeing, [illegible], sliding, riding the mountains in a jeep or hiking with my dogs. I am interested in a long-term relationship with a man who has a good head on his shoulders and a good sense for family. I am hardworking. **trustamyself, 26 ☐, #112462**

MUST LOVE ESPN
24 y/o F, quiet & shy until you get to know me. Open-minded, willing to share in your interests. Live a very drama-filled life (not by choice) & would prefer someone w/little baggage, who is employed. I love nice things but can enjoy simple things in life. Must enjoy watching a variety of sports on TV & live. **perfectangel3584, 24 #112068**

LOVE, LAUGHTER & HAPPINESS
I am a down-to-earth, laid-back, open-minded person w/a lot of love & laughter to share. You should be the same. Looking for someone who is open, honest & trustworthy. I'm a big NASCAR fan and although it's not a requirement, if you are a fan too, it would be a plus. Check me out. I'm worth it! **[illegible], 33 ☐, #112134**

SWEETHEART SEEKS SILLY SPIRITUAL SOULMATE
"Be classy, be different, be impractical, be anything that will assert integrity of purpose and imaginative vision against the play-it-safers, the creatures of the commonplace, the slaves of the ordinary." Cecil Beaton. I can be found on my roof, singing and playing the guitar and watching the stars in contemplation of this crazy, lovely world of ours. Join me... the view is divine. <3 **ayla, 21 ☐, #112435**

FIT, ADVENTUROUS & READY
I am cute, fun, and I like a challenge. I took up snowboarding 2 yrs ago after skiing since I was 3, and never looked back. I like going to concerts, travel and visit the mountains in the winter, the beach anytime. You are not a stranger to the gym, comfortable in social situations, passionate, attractive, a good conversationalist, like to learn new things. **Sofie2Snowden, [illegible] ☐, #112410**

WOMEN seeking WOMEN

FEMME HIPPIE DANCER CHICK
Hi. I'm looking for a woman who I can date casually. I'm a dance teacher in Montpelier, currently taking some time off of college to just be. My loves: cats, tea, chocolate (with almonds), movement & tattoos. **dancing_girl, 20, ☐, #112544**

HORSE WHISPERING WILD WOMAN
Animals, plants, nature & my friends are the most important things in my life. I love to laugh. I can be tough. I can be tender & if you think you've figured me out, I just might surprise you. I'm always looking to learn new things & become a better, more independent person. 5'10", athletic & a bit butch. **[illegible], 18 ☐, #112555**

LOVABLE, SPONTANEOUS & SENSITIVE
I am looking for a partner or mate who I can share things with & can accept who I am. Will get the same in return. **Unique, 42, ☐, #112526**

[illegible] IN CARING WAYS
Hi. I am a [illegible] sensual, passionate woman who would like to have group sex with women & men and my current bi-male lover. We have a lot of fun sex [illegible] conversations, and are looking for someone to share some with us in a long-term [illegible] relationship. Friends with benefits, nothing heavy, just excitement & pleasure for now. **[illegible], 55 #112508**

LOOKING FOR SENSITIVE, LOVING FUNNY!
Very loyal, loving and compassionate woman. Love to give and receive affection. Listening, support. Have done a lot of work rediscovering myself, learning to only rely on myself and will never sacrifice my identity for another. Open minded, playful, funny. One of my best and worst attributes tends to be stubbornness. Love to be outside around the state. Camping, riding, etc. **Dvolth, 41 ☐, #112226**

HERE GOES!
I love dogs, hate rodents and don't shave my legs very often. I surf, click lit, write poetry, and knit obsessively. Interested in someone to share a special connection with. **craftylady, 40, ☐, #112184**

MUSIC NERD
I'm quirky and shy. I don't judge, & rather I give everyone a chance. [illegible] welcome you. I like meaningless conversations that are accompanied by laughter that hurts the stomach. Sometimes I prefer deep conversations. I LOVE music. I drum [illegible]. I like walks in the park, cold air and no sleep. I'm willing to answer questions. Hit me up! **[illegible], 20, ☐, #112103**

MEN seeking WOMEN

CYNICAL BASTARD SEEKS FUTURE EX-WIFE
I have an ultra-dry sense of humor. I lift weights (and put them down). I make music. I have an off switch for my brain. I laugh loudly. I am la trendy. I love animals. I have style. I can be very, very cute when necessary. **[illegible], 32, ☐, #109221**

ENIGMATIC
Life is full of paradoxes! I'm often serious, yet love laughter; emotional & objective; easygoing & tenacious; relaxed & intense. The most important person in my life is my daughter, who is 13. She's a strong-willed, lovable handful. **Paradox, 48, #112563**

WHAT AN HOMME
To be honest, I do not really like talking about myself in order to sell myself. I'd much rather use this space as an invitation to anyone wishing to know more about me. **[illegible], 56 ☐, #110545**

TRANSGUY
34 y/o transguy looking for a nice girl to go out with or just be friends. Overall, I am very nice. I have a great personality, and am the type of person who would give the shirt off my back to anyone who needed it. I am very sweet and outgoing. My dog is one of my best friends. **farmer34, 34 ☐, #112545**

ETERNITY IN THE MOMENT
Have learned to sense the feelings behind words, sit quietly in heartache & sorrow alone. Things cannot be fixed, joy & sorrow are not permanent conditions; sense & move with life's rhythms, enjoy the eternity of the moment. Looking for friend & playmate for snowshoe/dance, feeding & to wear funky outfits for Halloween, Mardi Gras or no particular occasion. **Loafer, 54 ☐, #112228**

MATURE, STABLE, SHY, ROMANTIC, SENSITIVE
I'm smart, attractive & nice. I've got a graduate education and work as a therapist. I'm a homeowner and I'm looking for positive people to share life with. **[illegible], 22 ☐, #110312**

WHO'S OUT THERE?
I cook a lot, which is good because everyone I know has to eat. I make people laugh, which is good because it keeps us healthy. I suspect there are smart, inquisitive & occasionally silly women out there. Hopefully I can meet them. Really, I'd be happy meeting just one to confirm my suspicions & all. **TurningOffTheStreet, 51 ☐, #110111**

I'LL TRY ANYTHING TWICE
My guilty pleasures include (but are not limited to) speeding, country music, chocolate chip cookies & making out. I love excitement, uncertainties & change, yet have never feared commitment. Some people sip life from fancy china cups; I'm still trying to drink full blast right from the fire hose. Red wine, not white. Rare, not well done. Fresh fruit, not canned. Espresso, not decaf. **[illegible], 28 ☐, #110020**

AWESOME, COOL, LAIDBACK
What me? Oh, you know, single guy looking for king & woman [illegible] early separated. Looking for Miss Right to share the good times with. **CheechMcGee, 32 ☐, #112510**

FUN LOVING, HONEST & LOYAL
I am a pretty laid-back and easygoing guy. While I know when to get serious about things, I also like to joke around & have a good time. **[illegible], 21 ☐, #112508**

HEY THERE!
Hi, I'm looking for that perfect woman for me. I have been living & life fun, but I think it's time to get serious w/that one special girl. **2n_me, 29 #112183**

LOST IN A LOST WORLD
Just got out of a relationship, so all I want is [illegible] fun based on some semblance of friendship. I mean, I want to play with someone, but I want to like them too. I'm not running right back into a relationship, sorry if you've got that in mind. Let's just have a good time before we're dead. That's key. **bloody fingers, 2h #112105**

MAN FOR ALL SEASONS
Reasonable, lovable guy who you can bring home to Mom. I love people, especially kids, and can adapt to any social situation. I love Vermont and enjoy what each season brings. Skiing, hunting, kayaking, rafting, music, good food and fun. Farmers' markets, country drives and photography are high on my book. I am not into extremes (religion, politics, diets). **UncleSparkle, 42 #112388**

LOOKING FOR FUN AND FRIENDS
Good-looking, 5'3" 160 w/hazel eyes, [illegible] by choice. Fun to be with and smooth, love to walk late night by the moonlight. **bulldog38, 38 ☐, #112440**

COLLEGE GUY JUST CHECKING WATERS
I need a break from the bar scene... too many drunk chicks. I mean to be honest... I am not looking for a girlfriend/relationship. I feel like I am at a "between relationships" part of my life, so just someone cool to be around, cool to drink around. Not just "looking to get laid". I am just not looking for Mrs. Right, either. **[illegible], 26, ☐, #112103**

SMART, DIFFERENT, MOBILE
Hello. I am just looking for someone to enjoy some good conversation over dinner in the Montpelier area and see if there is enough of the right energy to do more things together. I am a reasonably intelligent, attractive, adventurous man in the process of shifting into a new venture. Fairly well read, traveled, self taught and funny. Movies, books, travel, food, wine, art, **[illegible], 54, #111468**

MEN seeking MEN

HONEST MAN WHO LOVES ADVENTURES
I am a pretty laid back guy who enjoys living life. I love to hang out, watch TV, movies, travel & cook. I love to joke around, but also can be serious at times. Honesty is really important to me. I would love to meet someone special & fun. **Irishheart, 22 #112508**

PLAYFUL & ATHLETIC SEEKING SAME
A recent arrival to the Burlington area. I am looking for a fun, outgoing man w/style & substance who can enjoy the moment & who likes music, outdoor sports & affection, and wants to be with an attractive, thoughtful, caring & intelligent guy like me. **[illegible], 38 #112182**

[illegible] HAD ME AT HELLO
I'm just an average guy who is looking for that special someone to share my life and love with. I am not into the scene anymore. I got that out of my system when I was in my 20s. Now I want something more out of life and would like someone who wants the same. **JennyFairPlay, 42 ☐, #112371**

I ONLY NEED ONE
Well-educated, honest guy seeking male companionship. Eventually I would like a LTR. I enjoy many activities and I am willing to try most anything. I do not want more than I have to offer. I am not Brad Pitt. I like people who take action. The best way to meet I may work into meet, soon :) **VTSeeking, 46 ☐, #112288**

HEY ALL
Hi, guys. Looking for NSA white Jock/rise to play with; friends cool, too. I'm 34, 5'10", 175, dark hair & eyes, not bad looking with nice package. Looking for guys 18-48 who are height/weight prop. 5"+ [illegible] assured. Hope to hear from you. **Buster, 47, [illegible] #111990**

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WOMEN seeking...

SEXY GODDESS SEEKS SOFT BODY
I have been in VT for almost a year and I am finding it hard to find a woman to play with. I'm in a relationship so I am not looking for one. I'm interested in someone who wants to have, not every once in a while to get frisky and relax. I'm a pretty normal person. Friend of 37 & 42! **sexyeyes**, 31 #112197

CURVY VIXEN SEEKING ROMANCE <3
I'm looking for my soulmate, a vixen who can share some amazing experiences. I'm in the mood to treat my lover to whatever they may want, emotionally and physically. I can't wait to hear from you <3 **[illegible]**, 21 ☐ #112000

NO NEED FOR LUBE
I've been in Vermont for a little over a month now and as much as I love it here, I'm looking for a little more sexual excitement. I need someone to go explore the town with. I'm into a fair amount of kink, but am looking to try some. **SugarCookie** 23 #111805

VIVACIOUS, VOLUPTUOUS, SUBMISSIVE CRAVES EXPERIENCE
BJ novice and seeks mentor/male dom for S,S,C training, play & eventual relationship. Me: "Cute and sweet with slight sprinkles of evil." I am creative, musical, curvy, passionate, extremely adventurous, devoted, educated, playful. You are: Intelligent, social, experienced, successful, actively involved in BDSM community, caring but firm, nonsmoking, <50 yrs. **[illegible]**, 21 ☐ #111780

CAN YOU HANDLE THIS?
Horny woman looking for a man under 35 who wants to have some fun. Hit me up, I guess you'll like what I've got to show you. **[illegible]** 23 #111725

19SWF
I'm a 19-year-old college student. I am skinny with long, dark hair. I love to get high and have sex. I'd like to find someone who loves the same. NO strings, just fun. **[illegible]**, 19 ☐ #111527

CUTE, SEXY AND HORNY ORGASMIC
I want a guy who will fulfill all my fantasies. ROCK MY WORLD. I want you do please more than I'll return the favor once you do everything I say. I'd a cute guy who will have some innocent fun with me. Make me orgasm. I love it when you go down on me. I'm horny for you. **[illegible]** 18 ☐ #110789

FUNNY, CURIOUS AND SOMEWHAT SHY
I would like to expand on my previous woman-woman experience. Don't know exactly what that entails but I am ready and excited to explore. **letshavefunsoon** 42 #110460

NICE BUT NAUGHTY
Hi there. I've lived in Burlington all my life, but have never found that guy who I want to spend the rest of my life with. I love being outdoors. I'm going to college to become a veterinary assistant. I'm 5'2" 130 lbs., white, and tall. **[illegible]** 20 #110441

HORNY, BORED, BORED
In need for a night of passion with that hot bisexual lady. Come on, I know you're out there. **[illegible]** 18, #112327

SEXY, MARRIED, SUN, SPORTS, HOT TUBS
Looking for some summertime playmates. Love going to Tilton NH. **[illegible]** 22 ☐ #110020

SEXY, SLIM, OPEN-MINDED
Looking for couple (man and woman). Looking for something fun and new. Been with women before, would love to do again. Would like to make a friendship/play. I am clean and lots of fun. If you're seeking someone young and fun to fulfill your desire, write me a message and we can get to know each other. Will provide pics when match fun. **[illegible]** 21 ☐ #110623

VIXEN WANTS TO PLAY!
I am 30 years old and am very bisexual. Looking for a femme who is able to have fun in and out of bed. Must have a sense of humor. No height and weight preferences. **[illegible]**, 30 ☐ #110388

MUCH TO-LUV REDHEAD
Okay, I am semi new to this! If you are out there, hope you find me. I am new to the BDSM scene, let's say "ooks" aroused" my curiosity and I think it's what's been missing from my life. I just need to find the right teacher. I'm a full-figured gal, not your thing, don't respond. (Also no married or cheaters.) **[illegible]** 36, #111882

MEN seeking...

EXTREMELY BORED
I'm a married man possibly suffering from a case of carpal tunnel from excessive masturbation due to lack of sex. There's nothing worse than being a married, deprived, nymphomaniac. I owe any & I'm very guide to bed. Drop me a line & let's see if we connect. **LocalLover** 33 #112300

LOOKIN FOR FUN
Well, hello there. I'm Noah. I'm 5'11", 155 pounds & I'm looking to heat up these cold winter nights with a friend to play with. I'm a caring, good-looking, intelligent & decent person. I would love to hear from you. Noah. **[illegible]** 22 ☐ #112164

SEXY, DOWN TO EARTH MALE
Hi ladies. I'm a 5'11" tall blue-eyed male, living in the Vermont area. Looking for a female to share my extra time with. I love to cuddle a lot. **[illegible]** 32 #112162

SEXY GUY LOOKING TO EXPAND HORIZONS
Fit guy, experienced women never really explored sexuality to fullest extent. I want to focus on pleasure & playing & fantasies. Looking for interactive lady who wants to explore kinky side just for fun & experience. No relationship, just someone who wants physical joy of being sexual w/another. Fit girls bring men into mix or couples looking to add. **[illegible]** 20 ☐ #112544

COLLEGE STUDENT LOOKING FOR SOMETHING
I am a 22 yo attractive college student. I am looking to explore my sexual nature more & I do not know how else to go about it. I am clean and D/D free. I am open to most things w/some exceptions. I am strictly straight, but I would be interested in groups if limited in certain ways. **lookinforsomethin**, 22 #112534

DISCREET GUY FOR MIDDLE-AGE DUDES
You are a woman in a long-term committed relationship who is tired of missing out on her sexuality. I can relate, & help. Must be very discreet, not looking for multiple partners, just some fun. First come, first served. **[illegible]** 40 #112524

JUST A TASTE
There is nothing quite so arousing as sharing a night out when there is sexual attraction. It gives time for the magnets to load up and the tracts hours of temptation to begin. **Wintermint**, 32 #112502

DOM LOOKING FOR A SUB
DOM seeking a sub for play at your place. I am experienced & you must be willing to do whatever your master tells you. Limits will be set. Emails only. **[illegible]** 40, #112500

WOULD LIKE TO TRY
I am here for the first time. I'm a good-looking dude but short & tiny. That seems I grew up as the fat kid but have lost about 100 pounds & am working on loving my new. **[illegible]** ☐ #112490

DEGENERATE CUDDLE MONKEY
Honestly, I have no idea what the hell I'm doing here. I'll probably end up like a loser, so let's just say my embassy's been taken over at the moment and will hopefully get me into trouble, as usual. **zombie_[illegible]**, 25 #112485

BEST DAMN BONDAGE IN B-TOWN
Looking for the right one who can do it all. Love to be outdoors. I am a very happy person, so unhappy people need not apply. I'm here where are you? **[illegible]** 18 #112457

LOOKING FOR NEW EXPERIENCES
I am not new to sex, but I feel like there is so much that I have yet to explore. Looking for someone who loves sex and wants to try new things, experience someone different, as kinky as you like. Can you be submissive sometimes, and dom over others? Do you have a fantasy you want to fulfill? Let me know. **[illegible]** 25 ☐ #112438

LOOKING FOR SOME FUN LOVIN
I'm kind of a shy guy and nothing gets me unbuttoned. Looking for some fun, as I haven't had any in a while. I'm a gentleman in and out of the bed now but when I know you want it, all bets are off. It makes me so hot to make you squirm. I'm willing to try just about anything. **[illegible]** 22 #112446

CHAN SWING ON MY BONE
Check out my photos. Good-looking, fun to be around. Looking for love and friends, phone chat, emails. Give me a shout. Just moved back to VT. **Bulldog**, 30 ☐ #112430

LOOKING FOR ORAL
Recently out of a very LTR and looking for some fun. I love giving and receiving oral, am not looking for a woman who likes to have my oral way. **[illegible]** 33 #112433

WILL CHANGE YOUR WORLD
Hey there, everyone. I just moved back into Vermont and want to find a fun girl. Right now I am just looking for some uninhibited fun, but who knows what could happen. I like girls who hang with the best and can take a joke as well as give one. Most importantly, she's gotta want to move onto "bigger things". **[illegible]** 25 ☐ #112432

COLLEGE GUY WANTS CASUAL PLAY
Just chilling on break and looking for something casual, just for fun. I like to have sex, who doesn't? and I like girls who are willing to try new things or think they can teach me something. Just to fun when we are both in the mood to play. **[illegible]**, 23, #112381

MAKE YOUR BOSS CUM
I can eat a peach for hours. Lookin for girls who want some wild sex. I'm hot, gorgeous body, and very well groomed in all areas. Should've been a model well, that's what I've been told. I love foreplay, sloppy oral and kinky sex. Have yet to disappoint any female, keep 'em coming back for more. If you wanna see first, then hit me a line. **[illegible]** 26 #112300

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SEXYTIMES[illegible]
I'm looking for a relationship, most of all, but play'n' the field with that comes along. **[illegible]** 40, #112362

NSA FLINGS
Not into fishing or relationships. Just looking for some NSA fun once in a while. Sex is way more fun without the hassles, we all need it and we all love it. Bored? Would an afternoon fling suit your fancy? Hit me up, fish only. I'm serious, not shy in bed, and have fit, attractive body (pics on 30 please). **[illegible]** 28 #112340

SEEKING NEW PEOPLE AND EXPERIENCES
New to the area, looking for someone to explore fantasies with and to have fun with. Open minded and willing to do most things at least once. Very interested in the SM and related lifestyle and I look forward to exploring it with you. **[illegible]** 24 ☐ #112338

FUN AND VERY HUNKY
I am a pretty normal, down-to-earth guy with a wild, kinky side. I'm not dating right now due to work/life, but I would like to find someone to have some NSA fun. If you want to know more, just ask and I will send you a pic and a little more about me. **[illegible]** 34 #112388

NOTHING UP
I haven't performed for several years, but want to get back into the swing. Seeking skilled, earliest tour who knows how to use their tool. Straight. All is very welcome. It's all good. More than one may be required for this task. Looking for regular play with regular buds. **[illegible]** 44 ☐ #112301

NEED FOR A COUPLE
I would love to be in a bed with your lady as you are riding me. I'm bi would be willing to take a strap-on and give oral. If you are looking for a couples guy, not men. One of the biggest turn-ons is pleasing a couple and having them enjoy watching each other as they get off on me. **[illegible]** 28 ☐ #112292

GAMER SEEKING LOVE/LOVER
I am a just a mellow, and love games and good movies. I'm looking for someone who likes several, willing to try most things once. While I'm not looking for a soulmate, I would be happy to find someone to date long-term. If you're interested, contact me with your email/phone number included. **[illegible]** 21 ☐ #112260

TATTOOED PIERCED GUY
Hey, I'm Kevin 23. I live in St. Albans. I'm looking to have some sexual fun. I'm up for anything and everything. Hit me up. **[illegible]** 23 ☐ #112243

SHY BUT VERY CURIOUS
I am a 24 y/o. I'll living in Burlington by myself. I am looking for a girl possibly my age range to teach me some new techniques in bed. I, myself, have very few experiences. I like to be tickled and want to try new things. Is there are any girls who wanna help fulfill my insatiable appetite, send me a line. **[illegible]** 24 #112235

GOOD TIME LOVE SEX
I need more than what I am getting at home. I will try new stuff. Looking for someone to have fun with. Is that you? **[illegible]** 36 ☐ #112244

LOVE TO PLAY FOR HOURS
I'm looking for someone who wants to get together and play. What happens from there happens. I'm a lot of fun and I think you will think so, too! **[illegible]** 22 #112203

EXPERIENCED WITH DESIRE TO SHARE
Attractive professional here, in search of similar others with a wild side who want to laugh and enjoy each other's bodies and what we have to offer. Nothing too freaky, but not a prude either. **[illegible]** 40, #112080

OTHERS seeking...

SEX-CRAZY SYRIAN COUPLE
He is straight and 46, she is bi-curious. Professional, healthy, clean, happily married couple, love lots of sex. Owners of a Syrian, want to have fun with us? **[illegible]**, 45, #112445

BLOSSOMS ONLY IN THE SHOW
Shy, sexy crossdresser looking for some fun and erotic encounters. Discreet is not. I am hot, thin, smooth and feminine, hoping to meet a man or a couple to play with. Imagination, respect (for you self and others) and a desire to leave boundaries behind are what I am craving. There must be MORE out there. Are you part of it? **[illegible]** 33 ☐ #112244

SEARCHING FOR A BISEXUAL MAN
My man and I are in a monogamous relationship. He's a bisexual man and I am a straight woman. We're both physically fit and attractive, smart, charming, and good company socially. We are looking for a bisexual man who would like to play with us both. **[illegible]**, 33, #112100

"DELIGHTFULLY SCRUMPTIOUS FLOWING RIVER"
Married couple, early 40s looking to find exotic bi female/couple, 38-50 to have adult playtime with. Love foreplay and she is bi-curious and has a fantasy of being with another woman while I watch as well as watching me do with another man or woman. Are open to new ideas in and out of the bedroom. Must be discreet. **[illegible]**, 41 ☐ #112479

COUPLE LOOKING FOR FUN!
My partner is a 6' handsome carpenter who loves to have FUN. He's a very outgoing, easy person to get along with, doesn't like liars or people that aren't straight with him. He's AWESOME in bed and loves to try new things. We're looking for someone to try new things with us and to have fun with. If you're interested, please don't hesitate to contact us. **[illegible]** 36 ☐ #112177

KINKY COUPLE SEEKING EXTRA
Voluptuous couple seeks third playmate (female) to sensual encounters. Must be clean and in their 20s. Kinky bisexual girlfriend wants to spice up the bedroom with another girl, late destination without the voice. The man is submissive. **[illegible]** 24 #112162

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PERSONALS i SPY...

2 1/2 YEARS OF FOOT RUBS
We met 4 years ago & then again 2 1/2 years ago. And I'm so glad we did. You were the reason I came back and the reason I stay. I wouldn't let anyone else rub my feet, and I don't want anyone else pulling out your white hairs. I love you. Let's open that bottle of champagne tonight. ;) **When: Friday, July 21, 2006. Where: Everywhere I go. You: Man. Me: Woman. #903111**

DRUNK BOY
I know that's not how you wanted to end your night, but I hope you understand that I did what I thought was right, especially considering the alternative was you dead in a snowbank. I mean don't be mad. Hope you're OK. **When: Saturday, January 17, 2009. Where: South Union. You: Man. Me: Woman. #903118**

I SPY.
A beautiful blueberry growler in Brooklyn! 11 years was strong and that would probably another 16 if I had to. **When: Thursday, December 11, 2008. Where: I.S. 101. You: Woman. Me: Man. #903138**

EMILY/POTZ/BURLINGTON/ANGEL
Emily, you blessed Montpelier briefly. I found your words. You must be an angel... so beautiful. Fit to be the opposite of fear. Those words will stick with me forever. I got to speak to an angel. Yippee! I saw you as you cleaned snow off your car. Also then you were gone. I won't forget you. Thanks for blessing my world. **When: Saturday, January 18, 2009. Where: Montpelier. You: Woman. Me: Man. #905134**

THE SHED BRUNETTE BEAUTY SUNDAY
1/18 around 3 p.m. You have long dark hair and wearing a pinkish top. You were with your gf at first, then other friends joined. I was w/my buddy wearing a dark navy top w/ white pinstripes and yellow hat. Shot in the dark but thought maybe I could persuade you to have coffee sometime. **When: Sunday, January 18, 2009. Where: The Shed. You: Woman. Me: Man. #905137**

CONTINENTAL STAND-BY
Christmas time. It was a way at the airport. I think I remember you. You should stop by where you saw me last. But don't be shy. Come and say hello. **When: Saturday, September 27, 2008. Where: Burlington Airport. You: Man. Me: Man. #903117**

MOLLY CLOGGIN' MIGRANT [illegible]
Birds and Hams and [illegible] Music on Saturday night on the stand, laughing. Did the notebook scrawl for good stories, walk and no hack-hands outrace. **When: Saturday, January 17, 2009. Where: Nectar's. You: Woman. Me: Man. #903131**

CUTE WAITRESS IN FERRISBURGH
You entrusted me on risotto a few Sundays back. I didn't think to ask for your number. **When: Sunday, January 11, 2009. Where: Starry Night Cafe. You: Woman. Me: Man. #903111**

CUTE AND PERCEPTIVE OUTSIDE 3P'S
We talked for only 1 minute but you were the most real person I met all night. I saw you watching me getting up at the stairs and you had a beanie for me to. Next thing I knew you were holding me tipping my jacket because of the cold. Would love to talk to you more. **When: Friday, January 16, 2009. Where: outside 3P's, in the freezing cold. You: Woman. Me: Man. #905154**

LIL WYN
Still want to go somewhere only we know. We just have to find the path. There's nothing else that compares. I'll wait for you. I'll run. **When: Monday, May 18, 2008. Where: Staples. You: Woman. Me: Man. #905111**

MY HOT FARMER HOGGETT WHO LIVES IN A LITTLE SQUARE HOUSE ON A HILL
Thanks for the ring, the pictures, the constancy of your affection. Every time I see you smile my heart skips a beat and I think to myself, it IS a wonderful world! And I am one lucky girl to be able to skip through it holding hands with you. You bring it again. **When: Saturday, January 17, 2009. Where: Home, work, life, dreams, fantasies & new ones? You: Man. Me: Woman. #901111**

TO THE SNEAKY MONKEY
I see you at work jammyjawin' and schmoozin' the ladies. You are the best and unmissable. Sorry for standing you up buddy. Man kiss true yo. **When: Friday, January 16, 2009. Where: Sneakers. You: Man. Me: Woman. #905130**

THE SPLIT WINDOWS ARE MELTING!
On the train ride up outside. Me: Josh's 60s heat sync dialed up. Angry and "Wantaug?" and Max & Santee & Son vs. Benny Hill, how Fort Groove became a genre. **When: Thursday, June 4, 2001. Where: Wantaug? Imagine Seamless. You: Man. Me: Woman. #901148**

YOUR CAT BED
Wanna talk to you with the hatch up on one night, just you on your Sidewise & PBS flowing in Lmax the view from a lan suite with an-holographers. **When: Tuesday, January 11, 2009. Where: Phoenix Panbook, Sidewalks of Eddy. You: Man. Me: Woman. #901117**

FLATBREAD REDHEAD AND FRIENDS 1/7
Tall redhead at Flatbread on Wed. 1/7 10 p.m. eating with another woman & man sitting on fireplace. I was guy in green hat admiring you across the bar, maybe you noticed? Other guy might have been with you. If so he's a lucky man. If not maybe I'll see you there again. Keeping an eye out so far no luck. **When: Wednesday, January 7, 2009. Where: Burlington Flatbread. You: Woman. Me: Man. #905111**

CASHIER WITH GREEN BOOTS
I was flabbergasted when I stopped seeing you regularly at City Market. Imagine my surprise when I spied you buying coffee from an environmentally friendly mug at Uncommon Grounds. The brief smile you gave me made my day. Oh did you beautiful brown eyes. Are you [illegible] Are you [illegible] **When: Thursday, January 11, 2009. Where: City Market/Uncommon Grounds. You: Woman. Me: Woman. #901145**

STEVEN B AT THE ALCHEMIST
There is something about you. I asked the hostess to give you my info which I normally would never do. But you really caught my eye and I was too wimpy to do it myself! Please tell me you are single and looking else that you will use my number. **When: Thursday, January 11, 2009. Where: Alchemist. You: Man. Me: Woman. #901144**

THE BEARD!?
I spy Phil, Bobby, Mickey and Billy shaving our faces right off our beards. $100 for a ticket in a deep recession? Wanna a bench? You guys really take the Eastroll right out of the Leaf. **When: Monday, January 12, 2009. Where: Flicking own eyes and kicking own dogs. You: Man. Me: Man. #901143**

BLACKBERRY DAY
I spy the champion chef of blackberry jamboree and the most competitive virtual bike ride. Thanks for just being you. Now you've been spied. From the girl with the pink garden. **When: Wednesday, January 14, 2009. Where: In my kitchen. You: Man. Me: Woman. #905112**

BIGGA WEDNESDAY
You were on your laptop with friends at the back of the room table. I was wearing a plaid navy sweater and brown belt. Every time I passed, you made eye contact. I felt bashful and looked away. Was it interest? Friendliness? Amusement that I used the bathroom three times in an hour (yes I was that)? Whatever it was, I was nice. Thanks. **When: Wednesday, January 14, 2009. Where: Dobra Tea Room. You: Man. Me: Woman. #903148**

JERICHO [illegible]
1/13, we were both pulled over in front of the Jericho Fire Station. I got out of the ticket, did you? **When: Tuesday, January 13, 2009. Where: Jericho. You: Woman. Me: Man. #905118**

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THE SHED BRUNETTE BEAUTY SUNDAY
1/18 around 3 p.m. You have long dark hair and wearing a pinkish top. You were with your gf at first, then other friends joined. I was w/my buddy wearing a dark navy top w/white pinstripes and yellow hat. Shot in the dark but thought maybe I could persuade you to have coffee sometime.

When: Sunday, January 18, 2009
Where: The Shed
I saw a: Woman
I am a: Man

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WINGED ANGEL NEW YRS
We were the 2 hottest costumes New Year's. I don't know your name, we never got that far. You are friends with Justice. I really thought we connected in sorts. I placed our photos on myspace, so should check them out. Justice knows my name. I'm looking for you, are you looking for me? **When: Wednesday, December 31, 2008. Where: Higher Ground New Year's. You: Man. Me: Man. #905117**

MAMMA MIA DOT DOT DOT
I spied you watching a movie. Oh, Fairy Girl, I was going to the movie. All parties from my heart. LUV ATONS, MAMA. Stay "G". **When: Sunday, January 11, 2009. Where: Watching a movie. You: Woman. Me: Woman. #901131**

WILLIE NELSON
At our first meet ever. Loved ya ever since. My favorite Willie Nelson quote: "When I that bag were spliffs I'd be dead by now." **When: Tuesday, January 11, 2009. Where: Veterans Park-ish. You: Man. Me: Man. #901111**

IN DESPERATE NEED OF VACATION
You are being a strong lady right now. Maybe you know how much I love you. I was blind. **When: Tuesday, January 11, 2009. Where: frigid VT. You: Woman. Me: Woman. #905134**

AND THEN THERE WAS K
You may Canuck. You think we could have made it to the ring. I do. You always did know how to cheer me up. I'd never stop thinking of you. So my I let you go. I've yet to meet someone who can make me feel the way you do. HINT: I used to travel great distances to see you on weekends. **When: Thursday, January 1, 2009. Where: Burned into my memory. You: Woman. Me: Man. #903132**

FEDERALE AMIGO
Federale Amigo! In front of me on the bus to Corvallis, amigos. Chavez' amigo. "Ciao." The Federale in Corvallis. Ca-ching. **When: Tuesday, January 1, 2009. Where: T&L. You: Man. Me: Man. #905111**

TO THE BEST ROOMIE!
Welcome to the real world of the animals. It's a wonder we even have furniture. The past year has been a blast! You're a great roomie and an even better friend. Keep your head up, girl, so the whole world can see your confidence and spirit. Things may not be easy right now, but with your heart and passion, it's inevitable that you're going to get what you deserve. **When: Tuesday, January 11, 2009. Where: 195 Street. You: Woman. Me: Woman. #905130**

MITTENS ON SUNDAY AFTERNOON
Red vest, light brown sweater, beautiful eyes and smile. Sat. 1/10, meeting with student(?). Me: black turtleneck at next table meeting with friend. Gym rat? Next time at Muddy's just ask. **When: Saturday, January 10, 2009. Where: Muddy Waters. You: Woman. Me: Man. #903170**

RECYCLED AT FIRST FRIDAY
First Friday at Higher Ground you wore a green recycle T-shirt and have short, dark hair. I love your style and find you hot as hell. Coffee? I'll use a mug instead of a paper one ;) **When: Friday, January 2, 2009. Where: First Friday, Higher Ground. You: Man. Me: Woman. #905170**

☐ This profile has a photo online. ☎ This profile has a voice greeting available.

Think you've been spied? Respond online at sevendaysvt.com
Or, note the box # and leave a message at 1-520-547-4556

mistress
YOUR GUIDE TO LOVE + LUST
# maeve

Dear Mistress Maeve,

When I was a younger woman, I noticed that when I was on top of my male partner I was quite wet. It didn't happen often and I didn't give it much thought. Ten years later it happened again, and then again and again — and now, before my very eyes, I have become a full blown squirter. And we're not talking a trickle, either, but gushing, porn-star style squirting. Luckily both my partner and I are excited by it and have successfully incorporated it into our lovemaking (crib pads are a godsend!).

But my question is this: What's the deal? It's hard to search the Internet for info because most of the returns are porn, and the little information I do find says people don't have any idea what female ejaculation is or what causes it.

Soaked in the South End

Dear Soaked,

It's no surprise you can't find much info about female ejaculation. Science, in general, likes to ignore female sexual function — especially when it comes to ejaculating "unladylike" fluids.

The ejaculate is squirting from your urethra, but it isn't urine — it's a clear liquid generated in your Skene's glands (or G-spot). When you're aroused, your G-spot becomes engorged with fluid, which it releases into your urethra. Upon orgasm, this liquid can erupt — sometimes a little, sometimes a lot, depending on your level of arousal. Some studies say that the majority of women ejaculate from the urethra during sex, but in small, undetectable quantities.

It's logical that your squirting abilities have developed over time, as you've gained more sexual experience and found more compatible partners. The more turned on and comfortable you are, the farther you can squirt. I'm happy to hear you and your partner are both embracing your special talent — grab some crib pads and get busy.

Wet and wild,

mm

need advice?

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FREE WHEELIN'

BY BOB KILPATRICK

Plowed Under

This time of year, organizations such as Burlington's Department of Public Works live by the ebb and flow of Vermont's extreme winter weather. With 200 lane miles of roads and 150 miles of sidewalks to keep clear, public works employees are always just one big storm away from their next scramble to keep the city open for business. Steve Goodkind has been a city employee for 28 years; for the last eight of those he's been director of public works, leading the efforts to keep the streets clear. I sat down with him recently to discuss the department's operations.

BOB KILPATRICK: Steve, tell me how the city goes about the task of keeping our streets clear during winter storms.

STEVE GOODKIND: In Burlington we have a winter snow ban that is different than most towns in Vermont. We got our idea over 20 years ago from Québec City. We took a trip up there to check out their operations and they had this system of snow lights. They only had bans when they needed it, and other times you could park there. We took that idea back here.

BK: How does our snow ban work?

SG: I call the ban, the lights come on, we notify the media and then, by 10 at night, cars have to be off the street or they can be towed. In the downtown business district, it starts at midnight. Each runs until 7 a.m. That's different than other towns; they have winter snow bans where you can't be parked on the streets at night all winter. These other towns can plow any night, curb to curb. We can't.

The other thing we do differently is, we plow all of our sidewalks. We have more sidewalks than any town in Vermont and we take care of all of them, not just a selected downtown zone. It used to be that we'd go out and get the streets done and then afterward we'd go out and, over several days, deal with the sidewalks. Then I became director and now we do it concurrently.

BK: About how many vehicles get towed during an average snowstorm?

SG: I think last year we towed about a thousand cars during the whole winter, and that was a pretty good [substantial] winter. The public-works standpoint is, we don't want to tow any cars. We just want them out of the way. Following the tow trucks around and having to coordinate that — while we're also trying to clear the streets during that narrow nine-hour window — only slows us down even more. We don't make any money off of it. We just want them out of there.

BK: How did the city handle the big Valentine's Day blizzard in 2007?

SG: That was a battle. We had some big storms last year, but nothing like that. That was a monster. I think we did very well. It took us a few days to dig it out, but I can remember other storms, not quite as big as that, and we were much more behind us getting things opened up. The biggest problem was, the snowbanks were so high — you're pushing snow up and it's just coming right back down again. Or you're pushing it into the sidewalk, and what good does that do?

In some cases we had one blower go down the street and one go down the sidewalk. So the snow would first get blown into the sidewalk and the next one would blow it back on to the front lawn. If we hadn't done that, we would have had to haul snow, which is a very, very long and tedious process. We couldn't have done it anywhere near as fast.

BK: I've noticed that you're spreading a green substance on the sidewalks.

SG: That's salt with an additive. It's a material that does a bunch of things. First, it enhances the salt to work at lower temperatures. It also tends to stick to the surface a little better instead of bouncing or blowing off. It has less environmental impact and is less corrosive to vehicles — including our own salting equipment. It's got a lot of advantages. I'm not sure that it has to be green. I think they're trying to differentiate it from standard road salt.

BK: How does the public react to your efforts?

SG: It's unbelievable what it takes for us to go through the city and get the job done, but of course everyone is an "expert" and they think they could do it better. You'd be surprised — people will come out and they will chase plow trucks, they'll throw things at them. This year the big thing is, people are complaining about the dog-unfriendliness of the salt on the sidewalk. It's getting on their paws and it seems to be irritating them. There are other products available, but nothing that is cost effective. If we used them, there wouldn't be a city budget left.

The irony is that now we have sidewalks that people can go and take their dog for a walk on. One man's floor is another man's ceiling. We try every year to improve what we're doing. If people think that something isn't being done right, contact us and let us know. There's a lot more to it than most people realize. ⑦

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on the road

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1998 VOLVO V50 WAGON 5-spd., A/C, CC, power W/L, green, 187K. $3450. Info: Greensboro Garage, 802-533-2221, www.greensborogarage.com

2000 SUBARU LEGACY GT Wagon 5-spd., A/C, CC, power W/L, cheap, 188K. $1800. Info: Greensboro Garage, 802-533-2221, www.greensborogarage.com

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2000 VOLVO V70 XC WAGON A/T, A/C, CD, CC, heated seats. Red, 158K. $4950. Info: Greensboro Garage, 802-533-2221, www.greensborogarage.com

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2001 "NEW" PASSAT VW WAGON Moonroof, heated leather seats, cruise & daytime lights, 82K, no rust, very clean. Books over $9000. Great car at a great price. Motivated seller. $6900. Info: 802-598-8902

2001 VOLKSWAGEN JETTA Black, 4-dr sedan, sunroof, CD, new wheels, new battery. Meticulously maintained. I'm leaving town & can't take my car with me. $5,8[illegible]/BO. Clayton, 802-343-5836.

2003 GMC SAFARI AWD Need to find AWD minivan? Just 83,182 miles, great condition, well maintained. Check it out today. $7995. Info: LJ Barrette and Sons, Inc., 802-860-3321, www.barrettford.com

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2007 VOLVO V70 XC WAGON A/T, A/C, CD, CC, heated seats. Silver, 61K. $20,800. Info: Greensboro Garage, 802-533-2221, www.greensborogarage.com

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housing

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2.5-BR APT. W/ BIG GARAGE Essex: 1-BA, 1.5 2-car garage. New windows, gas heat, HW, gardens. W/D hookup. Nearby trails. Water, trash, lawn, snow removal incl. NS. $950-1000/mo. + utils. Call 878-1987/318-6320

3-BR DUPLEX New North End. Linden Ave. 1.5-BA, appliances, W/D, basement, big backyard, off-street parking, near the bike path, beaches. NS/dogs. $1300/mo. 1-yr lease. 802-864-5308 or 802-793-9111.

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BURLINGTON Bradley St. Near downtown. 4-BR, parking, W/D. NS. Avail. 8/1. Info: 802-878-1236, rbbc.rumac@msn.com.

BEAUTIFUL 2-BR CONDO 2nd floor condo. Feb. 1. Loft, cathedral ceilings, HDWD, W/D, ample storage, private deck, 1-car garage + extra parking. $1200/mo. + sec. & utils. Info: 802-318-1911

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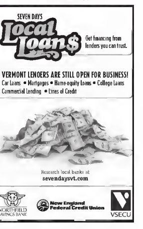
BURLINGTON 131 Elmwood Ave. Avail. now. 2-BR upstairs, 3/4-BA, parking, close to downtown, no pets. $950/mo. + utils. Info: Lehman & Feeley, 802-864-5200 x229

BURLINGTON Avail. Jan. 15. 123 L. Union St. Med. 2-BR, quiet. W/D, storage, heat & HW incl. parking. No dogs. $950/mo. Info: 802-882-[illegible]

BURLINGTON Avail. now. 2-BR Red Rocks townhouse. Incl. 1.5-BA, full basement, W/D, attached garage near bike path & lake. $1350/mo. + monthly condo fee. Info: John 802-846-1430 x4

BURLINGTON 1-BR APT Nice mid-sized 1-BR, downtown location across from mall on lower Bank St. Walk/bike to Church St./waterfront. Limited parking. No pets. $795/mo. + Info: 802-863-8270



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CHARLOTTE: 4-BR COLONIAL Windy Ridge. Expansive lawns, gardens. Built 2000, 2100+ sq.ft., 3-BA home, 2 fireplaces, A/C, master suite w/ bonus room. Avail. now: 12 [illegible]. $1800/mo. Info: Coldwell Banker Hickok & Boardman, Kaitlyn Dorey, 802-846-9568, rentals@hickokandboardman.com, www.HickokandBoardman.com

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housing

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COLCHESTER FURNISHED 4-BR Mazen Lyon. 4-BR, 2.5 BA waterfront home. Floor to ceiling windows. Fireplace, W/D, sunken living room. Avail. Jan. 1, Apr. 1 or May 2010. Pets neg. $1[illegible]/mo. Info: Coldwell Banker Hickok & Boardman, Kaitlyn Dorey, 802-846-9568, rentals@hickokandboardman.com, www.HickokandBoardman.com

ESSEX LANG FARM COLONIAL Sydney Dr. 4-BR, 2.5 BA, 4000 sq. ft., master BR w/ dual closets, jetted tub, vaulted ceiling, huge yard. Avail. now. 12 mo. lease. $2200/mo. Info: Coldwell Banker Hickok & Boardman, Kaitlyn Dorey, 802-846-9568, rentals@hickokandboardman.com, www.HickokandBoardman.com

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MORRISVILLE 5-4-BR cape. Pellet stove. W/D hookup, lg. yard, 2 BA. Lawn, plowing & trash incl. $885/mo. + utils. First, last, sec. req. Info: 800-550-4600.

RICHMOND VILLAGE 2-BR Avail. Feb. 1. Kitchen w/ storage, lg. LR, HDWD throughout, 1 BA, porch, heat incl. Sec. dep. req. $875/mo. Call David, 434-5784 (days) or 434-3588 (evenings).

S. BURL. 2-BR CONDO Indian Creek, excellent condition, recent paint, carpeting, tiles w/ fireplace, garage, pool/tennis, quiet area. 15 min. to downtown. 5 to mall. 2 BA. $1400/mo. + utils. Info: 802-660-7515.

S. BURL. FEELS LIKE HOME Lindenwood. Excl. heat. 2-BR, 1 BA, 1st floor duplex. Updated BA. HDWD, basement w/ W/D, garage. March 1. 12-15/mo. $1500/month ($1150 if tenant does lawn). Info: Coldwell Banker Hickok & Boardman, Kaitlyn Dorey, 802-846-9568, rentals@hickokandboardman.com, www.HickokandBoardman.com

S. BURLINGTON 111 Kennedy Dr. Marce Woods, avail. now. 2-BR, 1 BA, ground floor, carport, storage, cat ok, community pool. $1000/mo. + utils. Info: Coburn & Feeley, 802-864-5200-258.

S. BURLINGTON Dorset Commons Apts., 455 Dorset St. Modern 2-BR, convenient location, natural gas heat, carport, coin-op W/D, on site maintenance. No dogs. Info: 802-864-7744.

S. BURLINGTON 73 Horizon Heights, avail. Now. 2-BR condo, upstairs, HDWD floors, W/D in bldg., parking, community pool and tennis, cats okay. $1000/mo. + utils. Info: Coburn & Feeley, 802-864-5200-291.

S. BURLINGTON 510 Sugartree Lane. 2-BR townhouse, 1.5 BA, end unit, W/D, carport, storage, no pets. $1100/mo. + utils. Info: Coburn & Feeley, 802-864-5200-229.

S. BURLINGTON Treetop condominium. 2-BR, natural gas, carport. W/D hookups, tennis, pool. NS/pets. $1100/mo. + utils. Refs. req. Avail. now. Info: 802-985-8564.

S. BURLINGTON 1-BR APT Lg., clean, in owner occupied triplex, 10 min. to hospital & downtown. NS/pets. $775/mo. + utils. Info: 802-865-9575.

S. BURLINGTON STUDIO SUITE Fully furnished, king bed, FREE TV/CABLE/HBO, complimentary wireless Internet access, kitchen w/ full size refrigerator, microwave and & cabinets. Fitness center. $1000/mo. Info: Holly, 802-860-1922, holly@innvermont.com.

SHELBURNE 2-BR 1.5 BA town home w/ garage. Updated BA, very clean. Private yard. Dog friendly. Great neighborhood. Walk to everything! Avail. Mar. 1. $1700/mo. Info: Courtney Phillips, 802-598-2607, [illegible]googlepages.com

STARKSBORO NEW 1-BR APT Maple cabinets, wood laminate flooring, covered deck, garden, more. $740/mo. incl. HW, trash, lawn care. Sorry, no dogs. Call 10 a.m.-8 p.m. Info: 802-453-3275.

STOWE ROOM RENTALS In 5400 sq. ft. house, elec. & heat incl. N/S. Rooms starting at $400/mo. Call 545-5105.

SUGARBUSH SLOPE-SIDE APT Light, spacious, 2nd floor, porch, fireplace. Great sunrise, sunset. Ski lifts, acres of natural beauty. Mad River Valley resort/community steps away. 50 min. to Burlington & Montpelier. Extra dog deposit. Avail. [illegible]. Info: 802-534-0745.

SUNNY AFFORDABLE 2-BR Recently renovated w/ new floors, kitchen & bathroom fixtures. Quiet and safe. Lots of windows. Parking, coin-op W/D in building. Hinesburg village. Avail. Feb. 15. Info: 802-345-0351.

WILLISTON CONDO 2-BR, avail. now. 253 Fast View Estates. $1550/mo. + utils. Kerosene heat, DW, W/D, attached garage. Info: 802-[illegible].

WINOOSKI 14 West St. lg. 2-BR sunny renovated, hookups, porch, full BA, storage, parking, cheap utils., small yard. $1175/mo. No dogs. Avail. now. Info: [illegible] Property, 802-865-2467.

WINOOSKI FULLY RENOVATED Light filled 2-BR. New Energy Star windows, insulation, heat, electrical, floor coverings, etc. W/D & off-street parking. NS/pets. Avail. Feb. 1. $1100/mo. + util. [illegible]@yahoo.com

WINOOSKI 2-BR HICKOK ST Enclosed porch. Parking. No dogs. Avail. now. $875/mo. Info: Neville Companies, Inc., 802-660-3481 x1030, www.nevilleco.com

WINOOSKI 2-BR New flooring & fresh paint throughout. Lg. fenced in backyard, garage, carport. W/D hookups. Gas heat & HW. Avail. Mar. 1 for a 6-mo. lease. $1200/mo. Info: 802-555-3584.

WINOOSKI LARGE 3-4-BR Quiet neighborhood on bus line, fenced yard, HDWD, W/D in basement, off-street parking. Avail. Feb. 1. Sec. dep. req. NS/pets. $1400/mo. Info: 802-521-8100.

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3-BR, 2-BA, quiet neighborhood, just about new everything: [illegible] deck, bathrooms, kitchen, roof, wiring, sound system & flat screen, furnace, hot water, plumbing, windows, 2nd floor washer & dryer, gas insert and landscaping. $462,500. 802-316-9749 www.73[illegible].com

OPEN HOUSE [illegible]

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Completely renovated 2-BR townhouse, 2 new bathrooms, stainless steel kitchen appliances, new flooring including laminate, ceramic tile and carpet. Tile entryway, open floor plan w/ big living area, dining area and kitchen. Detached garage and two level overhead loft for additional storage. 802-735-1224 www.69windingbrook.com

SOUTH BURLINGTON CONDO

Woodridge Condominiums, 2-BR, 1.5-BA, 1216 sq. ft. Avail. immed. Incl. window quilts, appliances, W/D hook-ups, gas heat, back deck, near FAHC, UVM, University Mall & bus line. $172,000. 802-482-3624

DOWNTOWN CONDO - BEST PRICE!

A beautiful 2-BR (925 sq.ft.) w/ HDWD floors, basement space, back porch, off-street parking, walk everywhere from here! Located at 115 N. Champlain St. VHFA eligible. Reduced to $139,000. Call 802-23[illegible]-5808.

NORTH END CONDO

This is an efficient 2-BR flat. New windows, gas heat & hot water. Enclosed rear porch overlooks back yard area. Walk everywhere from this downtown location. Small association, off-street parking. VHFA eligible. Priced to sell at $99,900! Why rent when you can own? Call 802-238-9803

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6 units - 2 commercial, 4 residential. Fully rented w/ outstanding tenants. All units in great condition, all major components are updated, new solar hot water. Net income $37,650. $[illegible],000. 802-244-8430

housing

BURLINGTON Responsible, fun, vibrant, to share 3-BR house w/ 2 other individuals. W/D avail. Quiet neighborhood. NS/no drugs/drinking. $475/mo. + 1/3 utils. & hsp. Info: 802-355-0147

BURLINGTON 2-BR townhouse adjacent to FAHC, UVM. 1 1/2 BA. W/D/parking. $510/mo. incl. all utils. Nonsmoker wanted. Private & quiet. Info: 802-862-5321

BURLINGTON ROOM FOR 1 female to share cozy 2-BR home in south end near Speeders and Earls on Pine St. Parking, W/D, WiFi. Info: Sara [illegible]@mac.com

COUNTRY LIVING AT ITS BEST 2 progressive mature [illegible] seek 3rd housemate to enjoy the trails, gardens & woodstove on 160 acres. 30 min. to Burlington, 20-min. walk to Essex reservoir. Info: 802-[illegible]

COUNTRY HOME TO SHARE On 30 acres in S. Starksboro. $500/mo. incl. major utils. + [illegible]. Prefer long term. NS/pets. Community-minded person. Avail. immed. Info: 802-453-54[illegible], [illegible]

ESSEX JUNCTION Double room for rent, very private in 3-BR house. Parking, all utils. & W/D incl. on bus line. No pets. $600/mo. or $150/weekly. Info: 802-[illegible]

HOUSE TO SHARE Essex Jct. Room in [illegible] needed. Nice neighborhood, centrally located. Cable, Internet, W/D facilities. Bus line. $475 + 1/4 utils. 802-373-7652

HOUSE TO SHARE IN ESSEX 1 responsible adult to share w/ 3 adults, NS, incl. room, WiFi, near [illegible]. Parking. Easy commute to Burlington, St. Albans. Avail. now. $365/month + dep. 1/4 heat. Info: [illegible] 802-343-8873

I WANT U TO SHARE MY HOME! Lg. private furnished BR & BA, 2 large tracks. Gorgeous views. Pets, horses possible. Prefer long term. $[illegible]/mo. incl. utils. 1st, last, refs., lease. Info: 802-453-6434.

PT CAREGIVER/HOUSEMATE Gentleman w/ DD seeks responsible housemate to share support for him near downtown. 2+ asleep overnights & +/- 15-20 daytime hours (paid) per week. Refs., background check. Info: Home Share Inc. 802-238-3073

ROOM FOR RENT IMMEDIATELY 12x12 BR in 3-BR ranch house. Living areas shared w/ 1 other person. Storage extra. 1 pet ok. Lease. $500/mo. + 1/2 util. 1/2 deposit required up front. 802-863-4643. Info: 802-993-4643, [illegible]@[illegible].net.

S. BURLINGTON Seeking fire prof or grad student to share lovely 3 level condo, 2 BA, 2 fp, finished basement, W/D, deck, parking, 5 min. to downtown & medical center. $725/mo. + utils, Internet, cable. Security dep. of 1 month's rent. Avail. Mar. 1. Info: 802-862-7731

SEEKING HOUSEMATE Peaceful, quiet old house a block from lake & bike path, parking, porches, W/D. I'm respectful & considerate. You should be comfortable w/ skis, bikes, yoga mats & organic foods around the household. Peace. Info: Joseph Seifel, 802-864-2167

SWEET PAD ON SPEAR ST. 1 room avail. in nice 2-BR private apt. in S. Burlington next to UVM. $690/mo./person incl. utils. Info: 802-578-8275, peter.foster88@gmail.com

VERY NICE 2-BR Easygoing, single, 34 y.o. male skier lg. (1200 sq. ft.) townhouse-style apt. in the Ethan Allen Fort (Colchester). W/D, gas heat, parking, storage. $650/mo. + utils. Avail. now. Info: Samuel [illegible] 802-318-[illegible]

Office/Commercial

$270 SHARED STUDIO SPACE Share space with a professional music teacher. Quiet Church St. location. Lots of light, great view of City Hall park. Flexible time sharing. Utils. incl. Info: Timothy [illegible], 802-233-5044

BRISTOL OFFICE OR RETAIL Space in busy downtown on Artists Alley (off Main St.). Approx. 700 sq. ft. $550/mo. Tenant pays heat, electric. Avail. March 2009, maybe earlier. $550/mo. Info: 802-453-4085

PROFESSIONAL OFFICE SPACE Opening for psychotherapeutic practitioner to join 2 established psychologists w/ an extensive referral network. Lg. office w/ expansive views, reasonable rent incl. utils., excellent S. Burlington location w/ free parking. Call 802-8680 or 863-7123

RESTAURANT FOR SALE Turnkey restaurant in S. Burlington. 5 years in business & still growing. Loyal following, proven sales growth. Great location. Well known name. Info: 802-6[illegible], russbd@comcast.net.

SUNNY GREEN OFFICE Downtown private, comfortably furnished office for rental. 2.5 days/wk. Perfect for therapist or massage therapy. Incl. phone, Internet, heat, elec., kitchen, waiting room. Info: Great Tree Therapy 802-658-6796.

Sublets/Temporary

1 BR + OFFICE ON 2 BR Views of Lake Champlain & Adirondacks, 1 block from UVM, 3 from hospital. Incl. heat, gas, electric & parking space for 1 car. Avail. Jan-July. $875/mo.

services

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Forever in My Heart

CECIL January 1, 1995–October 24, 2007

If I had words to make a day for you, I would sing you a morning golden and new. I would make that day last for all time, then fill the night deep in moonshine.
You and I we had quite the journey. We ran through fields in the spring, summer and winter. I was your heart, soul, true companion, as you were mine.
"Forever in my heart, Cecil boy until we are together again."

Always by My Side

SHEBA January 1, 1995–December 3, 2007

She is your friend, your partner, your defender, your dog. You are her life, her love, her leader. She will be yours, faithful and true to the last beat of her heart. You owe it to her to be worthy of such devotion. Sheba, my angel, my sweet girl, how my heart aches when I think of you. If there could be a way to hold you again I would give my world for you. Till we meet again, my white angel, I will always keep you close to me.

« biz opp

Childcare

BABYSITTER WANTED Looking for baby-sitter for a soon-to-be 4-yr-old boy primarily in weekday evenings. Good pay & a nice walk from Church St. in Burlington. Babysitting experience & refs req. Info: Molly Kuc, 802-864-2748.

PART-TIME TEEN SUPERVISION Looking for experienced sitter for a teen in Essex Jct. 4-6 overnights monthly, need own car. Pay plus airline benefits. Available. Info: 802-878-8788, deborah@altogetherinteriors.com

Counseling

KERI MUNGER, MA LADC LCMHC It is the action of an uninstructed person to reproach others for his own misfortune; of one entering instruction, to reproach himself; & one perfectly instructed, to reproach neither other nor himself. -Epictetus. Info: Keri Munger, 802 238-1047.

Creative

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FOREVER BLOOM Jayne Flanigan Machine Embroidery: T-shirt quilts, bundle quilts, baby quilts and sewing projects you may need help on. Info: 802-863-2178.

VT WEDDING PHOTOGRAPHY Professional photographer specializing in wedding photography, event & commercial photography. Info: Marcie Kim Photography, Marcie Kim, 802 318 1584, marcie.kim@hotmail.com, www.marciekim.com.

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MASSAGE FOR MEN BY JIM HH Miracles of Touch is "reopened"! Experienced RN offering Swedish, sports & therapeutic massage. In & out call appts. avail. Call to schedule a time or inquire about services. Thanks for your generous support. Info: Jim, 802-410-8281, jhart1159@comcast.net, www.miraclesoftouch.com

MIDNIGHT MASSAGE Male for male massage by outcall only. Incl. evening massage by candlelight performed au naturel w/ devotional Indian music by Rasa. Aromatherapy & Reiki integrated as well. Info: 802-365-4247, www.moonlightmassage.com.

SAMADHI CUSHIONS & STORE Meditation cushions & benches handmade in Barnet, Vermont since 1976. Our store is open Mon-Sat. Info: 800-331-7751, www.samadhicushions.com

WANTED MALE INSTRUCTOR Miracles of Touch Massage for Men is looking to engage a male yoga class and is seeking for a male instructor. Info: Jim Hart, 802-410-8281, jhart1159@comcast.net.

WANTED MASSAGE/ESTHETICIAN Miracle of Touch Massage for Men is looking to add a male massage therapist/esthetician. Info: Jim Hart, 802-410-8281, jhart1159@comcast.net

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COLLECTIBLE PLATES Madonna Butterfly, In Ivory, Albreta, Italy. $50. "The Creation," a collection of 12 plates by Yiannis Koutsis. $150. 802-862-6588.

Appliances/Tools/Parts

58" SJOBERGS WORKBENCH Hardwood w/ 2 dual-jaw vices, 58" x 18.28" x 34.78". Lots of storage! Models easy to move. $850 incl. workbench & 2 bench dogs for clamping. Info: 802-658-0374.

ARE TRUCKCAP W/YAKIMA RACK Nice black fiberglass for 6' Tacoma bed. Paid $1400, want $550/OBO. Good condition, locks do not work. Morrisville. Info: 802-888-5615, lifeintheforest@gmail.com

DEHUMIDIFIER 40PT Works below 65 degrees. $70. Info: 802-864-4647, 802-862-7184.

INCA 420 BANDSAW/WORKBENCH 10 1/4" horizontal clearance, 6" vertical clearance, bench mounted on 22" D x 48" W x 27" H workbench. $450 incl. workbench, foot pedal, extra guides/cutting jigs, blades, etc. Info: 802-658-0374.

SNAP ON BOX 4 y.o., top of the line roll off box, model KRL1001B. This is the extra deep unit, 28x56x54. New $7500; asking $4000. Info: 802-355-2288, [illegible]@yahoo.com

WOODWORKERS! REEDING LATHE Power Drillmaster (DML 24/C) 24" max length, 4.6" max radius, variable RPM 465/1160/2440, 1/3 HP motor. $284 incl. face shield, grinder chucks etc. Info: 802-558-0374.

Clothing/Jewelry

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Electronics

GET A NEW COMPUTER Brand-name laptops & desktops. Bad or no credit, no problem. Smallest weekly payments available. It's yours now. (AAN CAN) Info: 800-803-8818.

IPOD TOUCH 16GB 2ND GEN NEW $250 OBO. All papers/equipment/casing incl. I have owned it only a week, but prefer my Blackberry. Info: 518-418-8856.

SONY PSP $450/OBO Silver & 17 games all in great condition. Estimated value of everything over $600. Call Matt, 802-388-1748 (home), 802-318-2702 (cell).

SONY SLV 56 VCR High end model w/ flip-out door on front. No remote. $20/OBO. Info: 802-343-4414.

SONY TC-WR582 TAPE DECK 2 cassette capacity. $20/OBO. Info: 802-863-4914.

VINTAGE WINDSOR RADIO Model 2170 w/ police/marine band. Runs on 4 D or 4 C batteries. $18/OBO. Info: 802-863-4914.

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SUMMARY: A sensitive, sweet, and friendly dog that is looking for a home where he can be in the company of people throughout the day. He loves to snuggle and is very gentle, but will get anxious when left alone (cries and barks). These issues can be overcome with time and training. He's looking for a home where he can get lots of exercise and a regular routine and responds well with affection as his reward. This well mannered guy is a really sweetie pie and would make an excellent companion for the right home.

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VEGETABLE OIL Have used vegetable oil that can be used for diesel fuel. Come and take it. Have a lot of it! Info: Global Markets, 802-893-9480.

Furniture

8X12' HAND TUFTED WOOL RUG Beautiful, like new. Colors are beige/yellow ochre, black, maroon green. Could describe as Pontiac/antique/ floral/ paisley. $2000 new. Asking $800. Serious inquiries only. artisinarts@hotmail.com

BURLINGTON FUTON w/ frame & mattress cover, full size. Nonsmoking, cat-free home. Excellent condition. Asking $350. Info: 802-892-9968, redipaola@verizon.net

HOUSEHOLD FURNITURE Pair of Interior French louvered doors w/ tongue and pine. Fit 28" opening. $40. Info: 802-892-6584, redipaola@verizon.net

SOFA & CHAIR FOR SALE Set, $290. 6 m. Large Roxy style photos avail. on request. Must see. Info: 802-238-9101.

P.B. FURNITURE FOR SALE Pbarck dining table w/ chairs. Maine cottage beds & more traditional bedroom set & dining set for sale. Info: 802-985-9332.

Kid Stuff

BABY JOGGER W/ CANOPY $75. Info: 802-863-5347 or 802-7184.

Sports Equipment

BIKE 20" CROSS COUNTRY 21 speed, $175 OBO. Info: 802-863-5347 or 802-652-7184.

HUNTING RIFLE Remington model 700 BDL 270 w/ Leupold Rifleman 3-9x40mm scope. Soft case incl. Like new. Fired less than 10 xs. $650/OBO. Info: 802-888-7878.

Want to Buy

ANTIQUES Furniture, postcards, pottery, cameras, toys, medical tools, lab glass, photographs, slide rules, license plates, silver. Anything unusual or unique. Cash paid. Info: Dave, 802-859-8966.

music

For Sale

AUTHENTIC ANDEAN PANFLUTES New. Incredibly rich sound. Inca-to-Peruvian. Soft case. $75. Also Quena Andean Flute w/ book. 1st instrument, sale cases w/ beautiful Andean wrap. Free. Info: David Jaffe, 802-864-8484, panpipes@yahoo.com

BLUEGRASS BANJO Mastertone clone. Well played but excellent condition. Hardshell case. Keith tuners (extra). $900. Info: 802-229-4938.

KEYBOARD YAMAHA PSR-180 Nice. I just don't need it anymore. Great for a beginner. I have 2 lesson books that can go w/ it. Asking $50. Info: Jamie DeMiere, 817-846-5263.

Instruction

BASS GUITAR LESSONS For all levels/styles. Beginners welcome! Learn technique, theory, songs, ear-training, slap-bass in a fun, professional setting. Years of teaching/playing experience. "...one of the most highly sought-after session & touring bass guitarists in the country." - Northeast Performer Magazine. Convenient Pine St. studio. Info: Bass Lessons with Aram, Aram Bedrosian, 802-598-8861, info@aramb edrosian.com, www.aram bedrosian.com

DRUM LESSONS Have fun while achieving your goals as a drummer! Experienced, professional & active drummer seeks students of all ages, styles & skill levels for private instruction. Study at your convenience in my Burlington studio, or in your own practice space. I offer a custom curriculum, flexible scheduling & the best rates around. Info: steve@stevehadeka.com.

FUN PIANO LESSONS ALL AGES Learn from a patient, experienced teacher. Working musician w/ a diverse performance background: Jazz, blues, folk, rock, reggae, Latin, kids' music, more. Info: Andric Severance, 802-310-4062, andricsevera nce@hotmail.com, www.andricseverance.com.

GUITAR INSTRUCTION Berklee grad. w/ 20 years teaching experience offers lessons in guitar, music theory & ear training. Individualized step-by-step approach. All ages/styles/levels. Info: Bel-Air Guitar Studio, Rick Belford, 802-864-7195, rickbelford@verizon.net, www.rickbelford.com

GUITAR SCHOOL OF VERMONT "Not your usual music instruction." Attention from multiple teachers: fundamentals, theory, technique, compression. Teaching Guitarists & Growing Musicians. 802-999-5810, www.guitar schoolofvermont.com.

MUSIC LESSONS Piano, guitar, voice, theory, composition, song writing. All ages, levels, styles. 20 yrs. exp. Friendly, individualized lessons in S. Burlington. Info: 802-864-7740, a.smelli13@gmail.com

TROMBONE, TRUMPET LESSONS Eastman School of Music graduate, trumpet, trombone. Perform here, here, piano, composition. Learn Determination, diligence, discipline, a new year's resolution. See website. Info: Octavemode, Stuart Carter, 802-999-8624, www.octavemode.net

classes

burlington city arts

BOOK ARTS GUILD: First Wednesday of each month, 6:30-8:30 p.m. Location: 135 Church St., Burlington. Cost: $5 suggested donation. Info: *The Book Arts Guild, organized in January 2005, seeks to encourage and educate its members and the public through workshops, exhibits, fieldtrips and guest speakers. Membership is open to anyone with enthusiasm for the book arts. To sign up for the Book Arts Guild "MailBAG" contact Nancy Stone at mtstone1@aol.com*

CLAY: PARENT & CHILD WHEEL: Feb. 17 - Mar. 17, 3:30-5 p.m., weekly on Tuesday. Location: 250 Main St., Burlington. Cost: $150/pair, $135/pair BCA members. Info: *This five-week class will introduce young and younger alike to working with clay using the potter's wheel while having a memorable experience with your child. Students will practice basic wheel working techniques. Parents and children will each use their own wheel and parents are expected to help monitor their child. Limit: 10*

CLAY: RAKU KILN FIRING: Feb. 24 - Apr. 7, 6-8:30 p.m., weekly on Tuesday. Location: 250 Main St., Burlington. Cost: $230, $207 BCA members (clay sold separately at $20/25 lb. bag). Info: *Here is a chance for new and seasoned ceramic students alike to create and focus on an individual project of their choice while developing their own personal ceramic aesthetic. This class will culminate in a group firing in the instructor's wood-fired kiln at her studio in Charlotte. Prerequisite: Basic wheel or handbuilding skills. Limit: 12*

CLAY: WHEEL THROWING I: Feb. 2 - Mar. 16, 6-8:30 p.m., weekly on Monday. Location: 250 Main St., Burlington. Cost: $210, $189 BCA members (clay sold separately at $20/25 lb. bag). Limit: 12. Info: *This seven-week class is an introduction to clay, pottery and the ceramics studio. Students will be working primarily on the potter's wheel learning basic throwing and forming techniques. Students will also be guided through various finishing techniques. Over 20 hrs/week of open studio time to practice.*

CLAY: WHEEL THROWING II: Feb. 5 - Mar. 19, 7-9:30 p.m., weekly on Thursday. Location: 250 Main St., Burlington. Cost: $210, $189 BCA members (clay sold separately at $20/25 lb. bag). Limit: 12. Info: *In this mid-level class for advanced beginners and intermediate potters, students will learn individualized tips and challenges for advancement on the wheel. Demonstrations and instruction will cover advanced throwing, trimming and glazing techniques. Individual projects will be encouraged. Over 20 hrs/week of open studio time to practice. Prerequisite: Basic wheel experience.*

DESIGN: ILLUSTRATION: Jan. 26 - Mar. 2, 6:30-8:30 p.m., weekly on Monday. Location: 135 Church St., Burlington. Cost: $125, $112.50 BCA members. Info: *Create your own graphic story, novella or illustrated book. Students will learn a variety of drawing, illustrative and narrative techniques and will be encouraged to use many mediums. Learn how to work from initial storyboard sketches, incorporate the figure in dynamic poses, and how to use dramatic light/shade.*

DRAWING AND PAINTING: Jan. 27 - Apr. 14, 6:30-9 p.m., weekly on Tuesday. Location: 135 Church St., Burlington. Cost: $265, $238.50 BCA members. Info: *Begin with the basics of drawing and transition to painting with oils. Learn how to apply composition, linear aspects, form, color theory and many painting techniques. This supportive class will have a nice balance of studio time, group discussion and critique. BCA will provide palettes, easels and drying racks.*

JEWELRY: SILVER JEWELRY I: Feb. 10 - Mar. 17, 6-8:30 p.m., weekly on Tuesday. Location: 250 Main St., Burlington. Cost: $125, $112 BCA members (materials fees vary based on type and amount of metals used). Limit: 10. Info: *In this six-week class, learn how to use jewelry hand tools to make original finished pieces of silver jewelry. Through in-class demonstrations and hands-on practice and projects, students will learn techniques including sawing, forming, soldering and more. There will be two loosely based assignments adapted to each student's ideas.*

PAINTING: PORTRAITS IN OIL: Feb. 11 - Apr. 8, 1:30-4:30 p.m., weekly on Wednesday. Location: 135 Church St., Burlington. Cost: $285, $256.50 BCA members. Limit: 10. Info: *This eight-week class gives intermediate and advanced painters the opportunity to develop and fine-tune their figure work. A nontraditional approach will be used, with emphasis on flesh tones, dynamic composition, and personal expression. Some portrait drawing experience needed. BCA provides glass palettes, easels and drying racks.*

PHOTO: INTRO TO B&W DARKROOM: Feb. 5 - Mar. 26, 6:30-8:30 p.m., weekly on Thursday. Location: 135 Church St., Burlington. Cost: $195, $175.50 BCA members (all paper, chemicals and film included). Limit: 6. Info: *Discover the mysteries of the darkroom and make your own photographic prints. Learn how to expose black and white film, process film into negatives, and make prints from those negatives. At the end of this class, you will be ready to use the darkroom independently as community darkroom members.*

PHOTOGRAPHY CRITIQUE: Feb. 10, 6-8 p.m., weekly on Tuesday. Location: 135 Church St., Burlington. Free and open to the public. Info: *Come receive feedback on what you are working on photographically and see what other photographic artists in the community are doing in a supportive, discussion-based critique session. Bring 1-4 examples of your work. Participants with all levels of experience are welcome and encouraged to attend!*

PRINT: SILKSCREEN II: Feb. 12 - Mar. 26, 6-9 p.m., weekly on Thursday. Location: 250 Main St., Burlington. Cost: $220, $198 BCA members. Info: *Learn the materials and processes of silkscreen design - a fast-paced printing technique that uses screens, squeegees and inks. Work with a professional silkscreen artist and learn how to use multiple screens and colors to make multi-layered prints. Some materials included. Over 20 hrs/week of open studio time to practice. Limit: 8.*

PRINT: SILKSCREEN I: Feb. 2 - Mar. 23, 7-9 p.m., weekly on Monday. Location: 250 Main St., Burlington. Cost: $190, $170 BCA members. Info: *Design and silkscreen posters, t-shirts, fine art prints and more. You will be exposed to a variety of techniques for creating prints using hand-drawn, photographic or borrowed imagery. Learn how to apply photo emulsion, how to use a silkscreen exposure unit, and print images with water-based inks. Some materials included. Over 20 hrs/week of open*

EQUAL HOUSING OPPORTUNITY

All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968 and similar Vermont statutes which make it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, national origin, sexual orientation, age, marital status, handicap, presence of minor children in the family or receipt of public assistance, or an intention to make any such preference, limitation or discrimination. The newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. Any home seeker who feels he or she has encountered discrimination should contact the:

HUD Office of Fair Housing, 10 Causeway St
Boston, MA
02222-1092
(617) 565-5309
OR
Vermont Human Rights Commission
135 State St, Drawer 33
Montpelier, VT 05633-6301, 800-416-2010
Fax: 802-828-2480

This week's puzzle answers. Puzzles on page 33a.

2	6	1	9	3	4	8	7	5
9	7	4	8	6	5	1	3	2
3	8	5	2	1	7	9	4	8
5	4	7	3	9	8	6	2	1
1	3	8	6	7	2	4	5	9
6	2	9	5	4	1	7	8	3
8	1	2	7	5	9	3	6	4
7	9	3	4	2	6	5	1	8
4	5	6	1	8	3	2	9	7

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studio time to practice. Limit: 8.

PRINT: WHAT IS PRINTMAKING?: Feb. 17 - Apr. 7, 6-8 p.m., weekly on Tuesday. Location: 250 Main St./Burlington. Cost: $260/$210 BCA members. Info: *This is an introductory class of the whole platter of printing techniques that can be used in printmaking. Focus will be on layering, exploration, and fun. Demonstrations on intaglio, monoprinting, relief, paper fiber, and stencils will be covered. Advanced printmakers are also welcome to further develop technique. Some materials included. Over 20 hrs/week of open studio time to practice. Limit: 10.*

BCA
BURLINGTON CITY ARTS
Call 802-865-7166 for info or register online at BurlingtonCityArts.com. Teacher bios are also available online.

art

ART CLASSES AT CVUHS HINESBURG: 150 winter offerings from January-March for all ages. Location: 10 min. from exit 12/Hinesburg. Info: 802-482-7194, www.cvuhs.org/access. *Watercolor Beginners, Drawing, Painting w/ Water Soluble Oils, B&W Darkroom, Intermediate Calligraphy, Art Portfolio Prep, Color Play for Gardeners, Circus Arts, Culinary arts. One-night classes: Dim Sum, Moroccan, Indian, Thai, Seafood, Risotto, Baking w/ Olive Oil, Flatbreads/Pizza, Homemade Soups. Low cost, limited sizes, guaranteed. Materials incl.*

body

BODY & MIND AT CVUHS HINESBURG: 150 winter offerings from January-March for all ages. Location: 10 min. from exit 12/Hinesburg. Info: 802-482-7194, www.cvuhs.org/access. *Core Strength, Weight Training - beginner & advanced, Yoga, Swing or Ballroom, Tap Dance, Pennywhistle, Intermediate Guitar, West African Dance & Djembe Drumming, Dance Aerobics, Movement/Theater Inh., Aromatherapy & makes Natural Scents, Meditation, Circus Arts. Low cost, hands-on, excellent instructors, limited sizes, guaranteed. Materials incl. Senior Discount 65+*

business

START UP!: Location: 348 Shelburne Rd./Burlington. Cost: $1,595. 15-week course, scholarships available. Info: Mercy Connections, Lynn Lyons, 802-846-7835, llyons@mercyconnections.org, www.mcvt.org. *Time for a job change? WSBP can help. Create a job for yourself doing what you love. It's time to take that next step toward business ownership. Call now for application and interview times. Learn valuable business skills as you write a bank-ready business plan.*

computers

COMPUTERS AT CVUHS HINESBURG: 150 winter offerings from January-March for all ages. Location: 10 min. from exit 12/Hinesburg. Info: 802-482-7184, www.cvuhs.org/access. *MS Word II, Excel Basics, Excel up: The Next Steps, Excel Data Analysis, Web Site Design that Works, Dreamweaver, Advanced Web Design, Graphic Design w/ InDesign, Keyboarding, iPods & iTunes, Desktop Presentations, Publisher, Windows Vista Demo & many more! Low cost, limited sizes guaranteed. Materials included with few exceptions.*

cooking

WINTER ASIAN COOKING CLASSES: Dim Sum II (Jan. 20 & 21), Ethnic Banquet Dinner (Feb. 3 & 4), Spicy Aromatic Sichuan Cookery (Feb. 17 & 18), Homemade Ramen Noodle Soup with Chinese Pork BBQ (Mar. 3 & 4) and Maki Workshop (Mar. 17 & 18). Location: Shelburne-Hinesburg Rd./Shelburne. Cost: $55/2.5-hour class. Info: Linda Furiya, Asian Cooking Institute, linda@lindafuriya.com, www.lindafuriya.com. *Asian cooking incorporates conservative use of ingredients that lowers the food cost, but not the flavor. Winter classes with total hands-on instruction includes scrumptious dim sum, festive and communal dinner, pleasant Sichuan cooking, traditional Japanese ramen noodle soup with Chinese pork slices, and sushi and rice-ball making, etc.*

craft

CRAFTS AT CVUHS HINESBURG: 150 winter offerings from January-March for all ages. Location: 10 min. from exit 12/Hinesburg. Info: 802-482-7184, www.cvuhs.org/access. *Woodworking, 6 pottery classes (Platters, Plates & Bowls, Mosaic Butterfly Tile, Mosaic Flowerpot), Shaker Oval Box-Nesting Set, Creating a Wooden Spoon, Rug Hooking, Sewing, Rustic Furniture, Adult Chair or Loveseat, Cake Decorating I & II, Knitting, Old Fashion Soap Making. Low cost, excellent instructors, limited sizes guaranteed. Materials incl.*

dance

BALLROOM DANCE CLASSES: First Step Dance offers Ballroom Dance classes in Burlington & Charlotte on Monday & Tuesday and holds Ballroom practice sessions in Burlington on Thursday. Ballroom Dance Social on the 2nd Friday of each month. Info: 802-598-6757, www.FirstStepDance.com. *Beginning classes repeat each month, and intermediate classes vary from month to month. As with all of our programs, everyone is encouraged to attend, and no partner is necessary. Come alone, or come with friends, but come out and dance!*

CORE MOVES: Williston. Cost: $12/class with pre-paid monthly series, $15/individual class. Info: Shannon Lashua, 802-E18-1320, www.pilatesdan.com. *Get in shape while having fun! This is a 60-minute class comprised of 45 minutes of cardio dance choreography set to a wide variety of music styles, including Latin, pop, funk, world and others, and 15 minutes of Pilates sculpt and stretching exercises. Some previous dance experience is helpful but not required. All are welcome to try it out. Who knows, you might surprise yourself! Core moves is created and taught by Shannon Lashua, a former dancer, Personal trainer and certified Pilates teacher originally from NYC.*

DANCE STUDIO SALSALINA: Burlington. Cost: $12/class. Info: Victoria, 802-598-1077, info@salsalina.com. *Salsa classes nightclub-style. One-on-one, group and private, four levels. Beginner walk-in classes, Wednesdays, 6 p.m. Argentinean Tango class and social, Fridays, 7:30 p.m., walk-ins welcome. No dance experience, partner or pre-registration required, just the desire to have fun! Drop in any time and prepare for an enjoyable workout!*

design/build

YESTERMORROW DESIGN/BUILD SCHOOL: Location: Rte. 100/Warren. Cost: $300/2-day class, scholarships & gift certificates available! Info: Yestermorrow Design/Build School, 802-496-5545, info@yestermorrow.org, www.yestermorrow.org. *Build a Skin-On-Frame Canoe, Jan. 26-25. The group will build an ultra light, double paddle canoe. Drafting 101, Jan. 24-25: Hands-on introductory class. Build & Sculpt a Trestle Bench, Feb. 8-13 ($750). Reinventing Small Business, Mar. 20-28: Creating companies that contribute to healthy communities. 15% discount for Vermont residents.*

education

ONE NIGHT U AT CVUHS HINESBURG: 150 winter offerings from January-March for all ages. Location: 10 min. from exit 12/Hinesburg. Info: 802-482-7194, www.cvuhs.org/access. *One-evening classes on: Genetics in 15 minutes, Green Power, Around the World Poetry Through Food, Fine DT Jewell, Learn Kanji for Life, Sports Nutrition, John Bennett 1200 Miles on Camel, Ask Moms, Art Portfolio Prep, Tim Sweeney, Winter Hiking and Camping, Voice-Over Workshop w/ Don Levine on March 9. Senior Discount 65+*

empowerment

EMPOWERMENT AT CVUHS HINESBURG: 150 winter offerings from January-March for all ages. Location: 10 min. from exit 12/Hinesburg. Info: 802-482-7184, www.cvuhs.org/access. *Beekeeping with Bill Mares, Foreign Policy with Terry Ryan, Interior Design, Get Published, Baby Sitting by Red Cross, CPR/First Aid, Homeownership, Chess, Teen Finance, Financial Management, Shamanic Journeying, Pruning Trees & Shrubs, Myers-Briggs Typing, Farmsitting. Low cost, limited sizes, guaranteed. Senior Discount 65+*

gardening

2009 VT MASTER GARDENER COURSE: Feb. 3 - Apr. 28, 6-9 p.m., weekly on Tuesday, and White River Junction. The class in Chittenden County is full. Info: 802-656-9562, master.gardener@uvm.edu, www.uvm.edu/mastergardener. *Learn the fundamentals of plant and soil science and home gardening applications. Classes focus on a variety of horticultural topics such as, vegetable and flower gardening, botany basics, plant diseases, entomology, invasive plants and more. Taught by UVM faculty and experts from Vermont horticultural agencies, class fills quickly.*

healing arts

ENERGETIC HEALING 4 BEGINNERS: Jan. 25, 10 a.m. - 2 p.m. and Jan. 30 from 12-2 p.m. Light lunch incl. and directions. Cost: $40 incl. supplies. Info: Renate, 802-793-3350, reariasat@comcast.net. *Learn healing techniques using a hands-on approach that introduces the chakra system and techniques for sensing energy and healing, in a fun, interactive format. Led by Reeve Sargent, Reiki master teacher and healer.*

herbs

HOMEGROWN HERBAL TRADITION 2009: Location: 134 Manley Rd./Milton. Cost: $850/1 Sat./month for 8 months, 9 a.m. - 5 p.m. Info: Horsetail Herbs, Kelley Robie, 802-893-0521, khherbs@comcast.net, www.horsetailherbs.org. *Eight-month herbal apprenticeship program, April-November held on a horse farm! Will cover: herbal therapies, nutritional support, diet, detox, body systems, medicine making, plant identification, tea tasting, wild food cooking, field trips, iridology, women's, children's, men's & animal health. Textbook & United Plant Savers membership included. VSAC grants avail.*

WISDOM OF THE HERBS SCHOOL: Wild Edible Intensive 2009: Focusing on Local Food Security. Class meets in two terms, three Sundays each term, 10 a.m. - 4 p.m. Spring term: 5/24, 6/14 & 7/12, 2009. Summer Term: 8/9, 8/23 & 11/4, 2009. Tuition $487 both terms or $240 each term. $50 nonrefundable deposit each term. VSAC non-degree grants avail. Wisdom of the Herbs 2009: 8 weekends: May 16-17, June 6-7, June 27-28, July 18-19, Aug. 15-16, Sept. 12-13, Oct. 10-11, Nov. 7-8. Tuition $1750. Nonrefundable deposit $250. Discounted tuition for early registration paid in full one month before class begins. VSAC non-degree grants available. South Woodbury. Info: Annie McCleary, director, 802-456-8122, annie@wisdomoftheherbsschool.com, www.WisdomOfTheHerbsSchool.com. *Unique experiential programs embracing wild plants, holistic health and sustainable living skills, valuable tools for living on the Earth in these changing times. Learn through herb walks and nature adventures, communion with nature, hands-on wild harvesting and preparation of wild edibles and herbal home remedies, with intention and gratitude.*

holistic health

NUTRITION RESPONSE TESTING: Jan. 27, 6-7 p.m. Location: 54 Elmwood Ave./Burlington. Info: 802-865-5829. *Dr. Ezzy Harris will be discussing Nutrition Response Testing, a non-invasive systematic analysis that can identify underlying causes of health problems. After the workshop, Dr. Harris will offer FREE screenings to participants. The workshop is FREE and open to the public.*

WEIGHT LOSS & CLEANSING TALK: Location: 84 Pearl St./Burlington. Info: Native Roots Nutrition, Tracy St. Peter, 802-658-5000, tracy@nativerootsnutrition.com, www.NativeRootsNutrition.com. *Free natural health lecture series at Native Roots Nutrition every second Monday of the month. First Class: Jan. 12, 6-7:30 p.m. Topic: Weight Loss & Cleansing. Learn how to reach your weight-loss goals and how to support your body with cleansing and detoxification programs.*

jewelry

JEWELLERY CLASSES: Location: 266 Pine St./Burlington. Info: Jane Frank Jewellerydesign, Jane Frank, 802-999-6242, info@janefrank.de, www.janefrank.de. *Learn how to make your own jewellery with a German trained goldsmith in a fully equipped studio in town. You will learn basic techniques but also be able to specialize for certain projects you choose. Capacity: 6 students. Monday nights: 6-8 p.m. $165/month. Weekend: Sat. + Sun. 10 a.m. - 6 p.m., $360 (incl. lunch); ask for specific dates.*

kids

KIDS AFRICAN DANCE SERIES: Location: 153 Main St./Burlington. Cost: $95/8-week series, Feb. 6 - March 27. Info: Jeh Kulu Dance and Drum Theater, Jamilah Vogel, 802-871-9840, jehkulu@yahoo.com, www.jehkulu.org. *Jeh Kulu and the Flynn present an exciting dance class series for children ages 6-10. Eddy Deffe from Guinea, West Africa, and Jamilah Vogel, educator and performing artist with Jeh Kulu, will teach West African Dance with live drumming. 8-week series, Fridays, 3:30-4:30. Preregistration required.*

KIDS CLASSES CVUHS HINESBURG: Winter offerings from January-March. Location: 10 min. from exit 12/Hinesburg. Info: 802-482-7194, www.cvuhs.org/access. *Music Seeds for newborn - 2 yrs. old & 2-6 yrs. old, Music Games for ages 4-8, DJ & Slam Poetry ages 11 & up, Parenting: the Joy of Reading, Stroller Strides, Forest Workout, Old Fashioned Finger Foods, Valentine Decorated Cookies, Cooking Together: 2nd-5th grade w/ adult; More & Smore.*

language

BONJOUR! FRENCH LESSONS: Location: 4 Howard St., Burlington/Burlington. Info: Wingspan Studio, Maggie Standley, 802-233-7676, magglestandley@yahoo.com, www.maggiestandley.com. *Private lessons by experienced instructor in Burlington. Maggie offers encouraging, individually tailored lessons for youth and adults. A fluent speaker, Maggie studied at the prestigious l'Institut D'Etudes Politiques in Paris and worked in International Development in West Africa. Open a window onto another world: learn a new language! Youth French/Art Class now forming.*

LANGUAGE AT CVUHS HINESBURG: 150 winter offerings from January-March. Location: 10 min. from exit 12/Hinesburg. Info: 802-482-7194, www.cvuhs.org/access. *Italian for Travelers - beginner & intermediate, Beginner French - 2 levels, Conversational Immersion French; Beginning Spanish - 2 levels, Advanced Spanish Immersion, Beginning Mandarin, Intermediate Mandarin. Low cost, hands-on, excellent instructors, limited class size guaranteed. Materials included w/ few exceptions. Senior Discount 65+*

martial arts

AIKIDO: Adult introductory classes begin February 3 & 10 at 5:30 p.m. Location: 257 Pine Street/Burlington. Info: 802-951-8900, aikidovt.org. *This traditional Japanese martial art emphasizes circular flowing movements and pinning and throwing techniques. Visitors are always welcome.*

MARTIAL WAY SELF DEFENSE CTR: Colchester. Introductory class. Info: 802-893-8893. *Day and evening classes for adults. Afternoon and Saturday classes for children. Group and private lessons. Kenpo, Brazilian Jiu-Jitsu, Arnis and Wing Chun Kung Fu.*

VERMONT BRAZILIAN JIU-JITSU: Monday-Friday, 6-8 p.m. and Saturdays, 10 a.m. Location: 55 Leroy Road/Williston. Info: 802-660-4072, www.bjjusa.com. *Brazilian Jiu-Jitsu is a complete martial-arts system. It enhances balance, flexibility, strength, cardiorespiratory fitness and builds personal courage and self-confidence. Vermont Brazilian Jiu-Jitsu offers Brazilian Jiu-Jitsu and self defense classes, Boxing, Muay Thai Kickboxing and MMA for all levels. Head instructor is five-time Brazilian Champion, Rio de Janeiro, certified 6th degree Black Belt under Carlson Gracie. Classes for men, women and children. First class is free.*

VERMONT AIKIDO: Location: 274 N. Winooski Ave./Burlington. Info: 802-862-9785, vermontaikido.org. *Practice the graceful martial art of Aikido in a safe, supportive environment. Aikido training teaches body and spirit together, promoting physical flexibility and flowing movement, martial awareness with compassionate connection, respect for others and confidence in oneself. Visitors are always welcome in the dojo. Class hours are at our homepage.*

massage

10 MONTH BEHAR MASSAGE PROGRAM: Location: 142 W. Twin Oaks Ter./S. Burlington. Info: Sports & Fitness Relief Massage School, Hope Hockus, 802-363-3261, thesportyschool.com. *A 10 month clinical massage & bodywork course. The school is unique and is especially designed to help you succeed at your new career as a clinical massage therapist. New to*

classes »

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General Manager
Woolen Mill Health Club
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classes

— classes

2009. Classes start March 4. All day Wednesdays from 8:00-4:00. VSAC grants & scholarships granted. Call 802-363-0242 OR 802-626-9009.

ASIAN BODYWORK THERAPY PROGRAM: Peter Jackson. Cost: $9,000. 500-hour program. Info: Elements of Healing, Scott Moylan, 802-288-8160, elementsofhealing@verizon.net, www.elementsofhealing.net. *This program teaches two forms of Oriental massage, Amma and Shiatsu. We will explore Oriental medicine theory and diagnosis as well as the body's meridian system, acupressure points, Yin Yang and 5-Element Theory. Additionally, 100 hours of Western anatomy and physiology will be taught.*

meditation

INTRODUCTION TO ZEN: Sat., Feb. 7, 9:00 a.m.-4:00 p.m. Location: 480 Thomas Rd./Shelburne. Cost: $55/all-day workshop, lunch included. Info: Vermont Zen Center, 802-985-9746, www.vtzen.org/workshops.html. *The workshop is conducted by an ordained Zen Buddhist teacher and focuses on the theory and meditation practices of Zen Buddhism. Preregistration required. Call for more info, or register online.*

LEARN TO MEDITATE: Meditation instruction available Sunday mornings, 9 a.m.-12 p.m., or by appointment. The Shambhala Cafe meets the first Saturday of each month for meditation and discussions, 9 a.m.-12 p.m. An Open House occurs every third Wednesday evening of each month, 7-9 p.m., which includes an intro to the center, a short talk and socializing. Location: 187 So. Winooski Ave./Burlington. Info: 802-658-6795, www.burlingtonshambhalactr.org. *Through the practice of sitting still and following your breath as it goes out and dissolves, you are connecting with your heart. By simply letting yourself be as you are, you develop genuine sympathy toward yourself. The Burlington Shambhala Center offers meditation as a path to uncovering gentleness and wisdom.*

THE ART OF BEING HUMAN: Friday evenings (6:00-9 p.m.) Feb. 5, 10, 17 & Sat. (9:00 a.m.-6:00 p.m.) Feb. 7. Location: 187 S. Winooski Ave. (corner of King St.)/Burlington. Cost: $65 4 sessions (students $40). Info: Burlington Shambhala Center, 802-658-6795, www.burlingtonshambhalactr.org. *Shambhala Training Level I. Shambhala warriorship is a path of nonaggression born from the bravery and gentleness of meeting our world without bias or judgment. The path shows how to view the challenges of daily life in our modern society as opportunities for both contemplative practice and social action. Shambhala training includes group and individual instruction in meditation, personal interviews with a meditation instructor, discussion groups and talks by a senior teacher.*

painting

BEGINNING OIL: ATELIER METHOD: Feb. 5-Mar. 19, 10 a.m.-12 p.m. Weekly on Thursday. Location: 64 Harbor Rd./Shelburne. Info: Shelburne Art Center, Lisa Teschner, 802-985-3648, www.shelburneartcenter.org. *The Atelier Method emphasizes the controlled development of value. Beginning in black and white, class students will learn the difference between color, which is transparent, translucent, and opaque. Colors are introduced one by one until students are working with a limited palette. Members $205, nonmembers $230, materials list.*

parenting

FAMILIES IN RECOVERY: Location: Site is confidential/Burlington. Info: Prevent Child Abuse Vermont, Jessie LeMoir, 802-498-0617, jlemoir@pcavt.org, www.pcavt.org. *The Nurturing Parenting Program for Families in Recovery is about to start. Assist parents in strengthening their own recovery, facilitating recovery within their families, and building a nurturing family lifestyle. Participants level up self-awareness, build nurturing skills, explore their childhoods experiences, and examine the parallels and differences in the development of their children. Call 1-800-CHILDREN to register!*

photography

DIGITAL CAMERA CLUB WORKSHOPS: 100 winter offerings from January-March for all ages. Location: 10 miles from exit 12/Burlington. Info: 802-482-7194, www.ccdc.org/access. *Digital Camera Fundamentals, Enhance Digital Photographs, Create Digital Compositions, Advanced Digital Photography Workshops, Adobe Photoshop Elements, 3 choices of levels, Digital Video Vacation, Senior Focused, Etc.*

pilates

ABSOLUTE PILATES: Affordable, invigorating group mat classes and 1-on-1 sessions that rock your body and your wallet. Location: 12 Gregory Drive, Suite 1/South Burlington. Info: 802-318-2914, www.absolutepilatesvt.com. *Tone, stretch and strengthen with certified classical Pilates & Polestar Pilates instructor Lynne Martens. Sculpt a great new body in fun group mat classes or private lessons on reformer. Membership not required in an attractive, welcoming locale. In the wonder floor mat to standing movement to challenge stamina, coordination and balance. Visit our website for pricing, class times and specials.*

CORE STUDIO PILATES: Classes offered 7 days a week, please visit our website. Location: 431 Pine St. Suite 101 (Maltex Building)/Burlington. Info: Kate Stone, 802-862-8686, kathy@corestudioburlington.com, www.corestudioburlington.com. *Strengthen your body's support abdominal muscles in a warm, inviting atmosphere led by friendly, certified professionals. We offer Mat, Reformer and Spinning Hybrid classes 7 days a week. Your first mat class is always free. Reference this ad and receive your 2nd class free, with the purchase of any package.*

NATURAL BODIES PILATES: Enjoy Pilates Mat and Reformer, Ballet Barre, and Integrative Movement classes — or combine all three in our Pilates class. Private sessions, class cards and per class rates available. Free group introductions and special rates on private introductions by appointment. Location: 49 Heineberg Dr./Colchester. Info: Lucille Dyer, 802-863-9900, lucille@naturalbodiespilates.com, NaturalBodiesPilates.com. *Shape your whole body while relieving stress and improving your health. Enjoy expert instruction in a supportive environment. Benefit from Lucille Dyer's 20 years' teaching expertise to develop your awareness, strength and ease of movement, all within a professionally equipped studio. Classes and private sessions are personalized, enlivening and fun.*

PILATES SPACE: Burlington. ALL Wellness LLC. Many package/pricing options to suit your budget. Please call for pricing details. Info: 802-863-9900, www.pilatesspace.net. *We encourage all ages, all bodies and all abilities to discover greater ease and enjoyment in life by integrating Pilates, Physical Therapy, Yoga and Health Counseling services. Come experience our welcoming atmosphere, skillful, caring instructors and light-filled studio. First mat class is free. Also please join us for a free introduction to the reformer the first Tuesday of every month at 5:30 — just call to sign up.*

pregnancy

IT'S CONCEIVABLE/FERTILITY: Location: 145 Pine Haven Shores/Shelburne. Designed for those experiencing infertility. Info: Champlain Hypnosis, 802-999-6444, www.champlainhypnosis.com. *Hypnofertility, a program which supports the entire fertility process (naturally or medically assisted) can help. Recent studies by Dr. Levitas in the Journal of Fertility and Sterility indicate that infertile women utilizing hypnosis techniques with IVF have double the conception rate as compared to IVF alone. Read more: www.champlainhypnosis.com.*

reiki

REIKI I CLASS: Wallingford. Feb. 7. Cost: $110. Info: HeartSong Reiki, Kelly McDermott Burns, 802-746-8834, kelly@heartsongreiki.com, www.heartsongreiki.com. *Reiki I class in Wallingford. This foundation class covers history, ethics, self-treatment and treatment of others. Plenty of practice time. Manual and certificate included. Classes now forming in Stockbridge and other locations for Animal Reiki, Karuna Reiki and all levels of Usui Reiki.*

snowkiting

SNOWKITING LESSONS: Daily lessons while ice is safe (generally January-April). South Hero/Milton. Cost: $99/3-hour beginner class ($85 for 2-hour advanced). Info: Stormboarding, Rachael Miller, 802-578-6120, rachael@stormboarding.com, www.stormboarding.com. *Start snowkiting during your first lesson. Use the same alpine skis or snowboard as on the mountain. We provide experienced professional, fun instruction and modern gear. Great for skiers/riders ages 10 to 80-ever. Cruise or go big. Makes an excellent gift. Get your discount after lesson. Lessons/gift certificates available.*

spirituality

HAND ANALYSIS INTENSIVE COURSE: Feb. 27-Mar. 1, Fri. 7-10 p.m., Sat./Sun. 10 a.m.-7 p.m. Moretown. Cost: $595/20 hours of instruction and practice. Info: Handtales, Janet Savage, 802-229-8884, www.handtales.com. *An introductory course on how to read hands and fingerprints. Qualifies toward certification as a hand analyst. Discover how the powerful combination of the ancient art of palmistry and the modern science of fingerprint analysis can guide you to your highest purpose and help you face what's getting in your way.*

LIFE PURPOSE HAND READINGS: Jan. 24, 12:00-5:00 p.m. Location: 122 N. Winooski Ave./Burlington. Cost: $50/30-minute consult. Info: Handtales, Janet Savage, 802-660-8060, janet@handtales.com, www.handtales.com. *Join Janet, Master Hand Analyst, January 24th to discover the power and magic of hands. Stuck in career, relationship, creative path? Your hands offer the most complete picture of your life. No predictions. Discover your highest purpose and what is getting in your way. Must preregister, call 660-8060.*

tai chi

SNAKE STYLE TAI CHI CHUAN: Beginner classes Sat. mornings & Wed. evenings. Feel free to view a class. Location: 100 Church Street/Burlington. Info: 802-864-7902, www.ipfamily.org. *The Yang Snake Style is a dynamic tai chi method that mobilizes the spine while stretching and strengthening the core body muscles. Practicing this ancient martial art increases strength, flexibility, vitality, peace of mind and martial skill.*

weight loss

SAVE THE WORLD DIET: Location: 28 Perry St./Burlington. Cost: $20. Info: 802-318-2482, info@latwomeandthemountain.com, www.latwomeandthemountain.com/seminar.html. *Hear about Kate Richardson Whitely's inspiring 127-pound weight loss and journey to the peak of Kilimanjaro. In 2009, Kate, who is still on her weight loss journey, is taking on a physical challenge for charity each month of the year. Her presentation will be just hours after her Penguin Plunge for Special Olympics. Other events include the Flying Pig Marathon and another trek up Kilimanjaro. Participants will learn to: Lose the pounds doing things you love, fill yourself with purpose instead of food, unleash your inner adventurer.*

women

WRITING FOR YOUR LIFE: Jan. 20-May 19, 6:30-8:00 p.m. Every 14 weeks on Tuesday. Location: 12 Howard St./Burlington. Cost: $410/15 weeks of 2 1/2- to 3-hour circles. Info: Women Writing for (a) Change Vermont, Sarah Bartlett, 802-899-3772, www.womenwritingVT.com. *Always wanted to write? Working on something and wondering how others hear it? Looking for a community while you're in transition? Want encouragement to explore your writing voice? Register today to join expertly facilitated group, now in our fifth year. Write the change you want to be. Details on website.*

yoga

BRISTOL YOGA AND AYURVEDA: Daily Ashtanga yoga classes for all levels. Special monthly workshops on yoga, Ayurveda, diet and nutrition, breathing and meditation. Private sessions for yoga or Ayurveda consultations available by appointment. Bristol. Cost: $14 drop-in, $110/10 classes or $100/monthly pass. Info: 802-482-9947, www.bristolyoga.com. *This classical form of yoga incorporates balance, strength and flexibility to steady the mind, strengthen the body and free the soul. Bristol Yoga is directed by Christine Hoar who was blessed and authorized to teach by Sri K Pattabhi Jois of Mysore, India, holder of the Ashtanga lineage.*

COPPER CRANE YOGA: YOGA DAY Benefit for The Lance Armstrong Foundation's LIVESTRONG. Vinyasa. Saturday 1/31, 9 a.m.-4 p.m. $10/class. Location: 178 Main St./Vergennes. Cost: $14 drop-in, $65/5-class card, $110/10-class card, $200/20-class card. Info: 802-877-9963, coppercraneyoga.com. *Individual, group and custom yoga classes. Thai Yoga Bodywork and Zero Balancing sessions by appointment. Copper Crane provides wise and compassionate teaching to strengthen the body, uplift the heart and calm the mind. Be yourself here. Copper Crane is directed by Carolyn Conner, RYT, Advanced Certified Thai Yoga Bodywork practitioner.*

EVOLUTION YOGA: Daily yoga classes for all levels, conveniently located in Burlington. Burlington. Cost: $14/10 class cards and unlimited memberships available for discounted rates. Mon.-Wed.-Fri. 4:30 p.m. classes are drop-in only $5-$10. Info: 802-864-9642, www.evolutionvt.com. *Our staff of all certified teachers are skilled with beginners as well as students seeking to refine their practice. Vinyasa, Anusara-inspired, Kripalu, Iyengar and babies/kids classes available. Prepare for birth and strengthen post partum with pre/post natal yoga. Participate in our community blog: evolutionvt.com/evoblog.*

THE STUDIO AT THE FIELD HOUSE: Daily yoga & Pilates classes for all levels. Drop-ins welcome, no membership required. Shelburne. Cost: $15 drop-in, $80/month (6 classes). Unlimited yoga, $75 (incl. club membership). Info: 802-985-4408, www.shelburneathleticclub.com. *Vinyasa, Iyengar, Anusara, Yin, Ashtanga & Kripala classes as well as reformer mat & senior Pilates.*

YOGA — ASHTANGA: 8 WEEKS: Jan. 28-Mar. 11, 6:00-7 p.m. Location: 82 Pearl St./Essex Junction. Cost: $12/class or $85/full 8 weeks, discounted on hardship. Info: Athletic Club of Vermont, Kelly Short, 802-288-9612. *8 weeks of Ashtanga Yoga (athletic/strong). Lee has years of experience. Advanced students will thoroughly enjoy this series. Beginners are encouraged to come. (First few weeks would be beneficial.) Modifications will be shown. Mats are available in a heated, mirrored private yoga studio. *Members receive discount.*

YOGA VERMONT: Daily drop-in classes, plenty of choices, open to all levels. Two locations: Burlington. Cost: $14 drop-in, $115/10 class card, $120/month pass. Info: 802-660-9718, www.yogavermont.com. *Six-week Still-er and Rider class, six-week Intro to Ashtanga, Monthly Restorative, Adaptive Yoga, Yoga Instructor Training Course and more listed on website. Gift certificates available. For the latest, check out our blog: http://yogavermont.typepad.com.*

legals

ACT 250 NOTICE
APPLICATION AND HEARING
4C0951R-11
10 V.S.A. §§ 6001-6092

On December 29, 2008, Champlain College Incorporated filed application #4C0951R-11 for a Project described as the renovation and expansion of the Cannon Property into a Welcome Center and admissions/administrative building for Champlain College (to be called Perry Hall). The Project is located at 291 South Willard Street (near the Maple Street intersection) in the City of Burlington. This Project will be evaluated by the District 4 Environmental Commission in accordance with the 10 environmental criteria of 10 V.S.A. § 6086(a).

A public hearing is scheduled for Wednesday, February 11, 2009 at 8:00 a.m. at Burlington Friends Meeting House Church, 173 North Willard Street, Burlington, Vermont. A site visit will be held before the hearing at 7:30 a.m. at the site. Parking for the site visit will be behind the Whitney/McDonald House (entry to parking lot is on Maple Street) at the Maple St./South Willard St. intersection. The church can be accessed via its parking lot at 173 Lodge Road.

The following people or organizations may participate in the hearing for this project:

OPEN 24 HOURS We're up all night at »sevendaysvt.com

7D spot

find it here
www.sevendaysvt.com

legals

legals

1. Statutory parties: The municipality, the municipal planning commission, the regional planning commission, any adjacent municipality, municipal planning commission or regional planning commission if the project lands are located on a town boundary, and affected state agencies.

2. Adjoining property owners: May participate to the extent they can demonstrate that the proposed project will have a direct effect on their properties under the ten criteria of Act 250 pursuant to 10 V.S.A. § 6085(c)(1)(E).

3. Other persons: May participate to the extent they can demonstrate that they have with a particularized interest protected by Act 250 that may be affected by an act or decision by the District Commission pursuant to 10 V.S.A. § 6085(c)(1)(E).

If you wish further information regarding participation in this hearing, please contact the District Coordinator at the address below before the date of the first hearing or prehearing. If you have a disability for which you are going to need accommodation, please notify this office at least seven days prior to the above hearing date.

Copies of the application and plans for this project are available for inspection by members of the public during regular working hours at the Rn Region Offices, the Chittenden County Regional Planning Commission Office, and the District #4 Environmental Office. The application can also be viewed at the Natural Resources Board web site, www.nrb.state.vt.us/lup by clicking on "District Commission Cases" and entering the case number above.

Dated at Essex Junction, Vermont this 8th day of January, 2008

By: /s/Stephanie H. Monaghan
Natural Resources Board
District #4 Coordinator
111 West Street
Essex Junction, VT 05452
T/ 802-879-5662
E/ stephanie.monaghan@state.vt.us

**ACT 250 NOTICE
MINOR APPLICATION
10 V.S.A. §§ 6001-6092**

On December 31, 2008 J.M. Rowley Corporation & Hope Rowley, and Christopher & Tess Smith, filed application # 4C0584-4 for a project generally described as:

After-the-fact approval of the creation of a three-lot subdivision and the construction of two single-family residences on Lots 2 & 3. The Project includes associated waste septic and water. The residence on Lot #3 has been completed and sold, and is currently occupied, while the residence on Lot #2 is under construction. The Project is located off of West Milton Road in the Town of Milton, Vermont.

The District 4 Environmental Commission will review this application under Act 250 Rule 51 — Minor Applications. Copies of the application and proposed permit are available for review at the Milton Municipal Office, Chittenden County Regional Planning Commission located at 30 Kimball Avenue, South Burlington, and the office listed below. The application and proposed permit may also be viewed on the Natural Resources Board's web site (www.nrb.state.vt.us/lup) by clicking on "Act 250 Database," selecting "Enter Database," and entering the case number above.

No hearing will be held unless, on or before Monday, February 2, 2009, a party notifies the District Commission of an issue or issues requiring the presentation of evidence at a hearing or the commission sets the matter for hearing on its own motion. Any hearing request shall be in writing to the address below, shall state the criteria or subcriteria at issue, why a hearing is required and what additional evidence will be presented at the hearing. Any hearing request by an adjoining property owner or other interested person must include a petition for party status. Prior to submitting a request for a hearing, please contact the district coordinator at the telephone number listed below for more information. Prior to convening a hearing, the District Commission must determine that substantive issues requiring a hearing have been raised. Findings of Fact and Conclusions of Law will not be prepared unless the Commission holds a public hearing.

Should a hearing be held on this project and you have a disability for which you are going to need accommodation, please notify us by Monday, February 2, 2009.

Parties entitled to participate are the Municipality, the Municipal Planning Commission, the Regional Planning Commission, adjoining property owners, other interested persons granted party status pursuant to 10 V.S.A. § 6085(c). Non party participants may also be allowed under 10 V.S.A. § 6085(c)(5).

Dated in Essex Junction, Vermont, this 8th day of January, 2009

By /s/Stephanie H. Monaghan
Natural Resources Board
District #4 Coordinator
111 West Street
Essex Junction, VT 05452
T/ 802-879-5662
E/ stephanie.monaghan@state.vt.us

PUBLIC HEARING NOTICE

Burlington Comprehensive Development Ordinance
PROPOSED
ZA-09-12 FAHC Core Campus Height Overlay
ZA-09-13 UVM Core Campus and Height Overlay
ZA-09-14 Champlain College Core Campus
ZA-09-15 Downtown Use and Height

Pursuant to 24 V.S.A. §4441 and §4444, notice is hereby given of a public hearing by the Burlington Planning Commission to hear comments on the following proposed amendments to the City of Burlington's Comprehensive Development Ordinance. The public hearing will take place on Tuesday, February 10, 2009 beginning at 7:00pm in Contois Auditorium, Burlington City Hall, 149 Church Street in Burlington, VT.

Pursuant to the requirements of 24 V.S.A. § 4444(b):

(1) The purpose of the proposed amendments is to revise the City's zoning regulations to:
a) ZA-09-12 FAHC Core Campus Height Overlay
i. Create a height overlay within the FAHC Core Campus District to allow additional building height not to exceed 540-feet above mean sea level. (Sec. 4.5.2 (c) 5)
ii. Restrict the height of buildings outside of the ICC FAHC Height Overlay but within the FAHC Core Campus District to a plane running parallel to sea level from the highest point at the tallest existing building. (Sec. 4.5.2 (c) 5) and
iii. Modify the effective date for existing buildings regarding nonconforming exceptions to maximum building height. (Sec. 5.2.6 (d))
b) ZA-09-13 UVM Core Campus and Height Overlay
i. Increase the allowed lot coverage to 70% within the UVM Central Core Campus District (Sec. 4.5.2 (d) 2)
ii. Create a height overlay within the UVM Central Core Campus District to allow additional building height not to exceed 140 feet (Sec. 4.5.2 (d) 5);
iii. Increase the allowed lot coverage to 60% within the UVM Trinity Core Campus District (Sec. 4.5.2 (e) 1)
iv. Create a UVM South of Main Street Core Campus District with a permitted lot coverage of 40% and two dedicated buffer areas (Sec. 4.3.2 (b), Sec. 4.5.2 (d) 4, Sec. 4.5.2 (f) 1, and Sec. 4.5.2 (f) 3)
v. Create a height overlay within the UVM South of Main Street Core Campus District to allow additional building height not to exceed 70-feet (Sec. 4.5.2 (f) 5); and,
vi. Allow Post-secondary Schools and Community Colleges to be treated as permitted uses within all three UVM Core Campus districts (Sec. 4.5.2 (d) 7 and Sec. 4.5.2 (f) 7)
c) ZA-09-14 Champlain College Core Campus
i. Expand the Institutional (I) District into the Residential Low Density (RL) District south of Maple Street and east of South Willard St. (Sec. 4.3.2, Map 4.3.1-1, Map 4.5.2-1)
ii. Establish a 50-foot buffer along the northern side of Tower Terrace within the Institutional (I) District (Sec. 4.5.2 (g) 2)
iii. Divide the Champlain College Core Campus District (ICC-CC) into a Residential Core Campus Area and Academic Core Campus Area and establish dimensional standards and residential density within each (Sec. 4.5.2 (g) 4); and
v. Expand the setback to 50-feet along a portion of the western boundary of Residential Core Campus Area adjacent to the Edmunds School property (Sec. 4.5.2 (g) 2)
d) ZA-09-15 Downtown Use and Height
i. Remove requirements that restrict the percentage of residential use in the Downtown Waterfront (DW) District. (Sec. 4.4.1 (d) 1 B.)
ii. Remove requirements that restrict the percentage of residential use in the Downtown (D) District for development sites that are less than 10,000 square feet in size. (Sec. 4.4.1 (d) 7, 8)
iii. Modify requirements that restrict the percentage of residential use in the Downtown (D) District for development sites that are greater than 10,000 square feet in size to require certain a mixed use in exchange for additional building height based on the ratio of residential and non-residential uses in the building. (Sec. 4.4.1 (d) 1 B., Sec. 4.4.1 (d) 6, and Table 4.4.1-1) and,
iv. Modify requirements that restrict residential use from the entire ground floor of a building to only the street-level frontage in the Downtown and Neighborhood Mixed Use districts. (Sec. 4.4.1 (d) 1. A. and Sec. 4.4.2 (d) 1)

(2) The proposed amendments affect the following areas within the City of Burlington:
a) ZA-09-12 — portions of the FAHC Core Campus within the Institutional (I) District,
b) ZA-09-13 — portions of the UVM Campus within the Institutional (I) District,
c) ZA-09-14 — portions of the Champlain College Core Campus District (ICC-CC) within the Institutional (I) District, and
d) ZA-09-15 — the Downtown (D), Downtown Waterfront (DW) and Neighborhood Activity Center (NAC) zoning districts.

(3) The proposed amendments affect the following sections of the Comprehensive Development Ordinance. See references in #1 above.

The full text of the Burlington Comprehensive Development Ordinance and the proposed amendments are available for review at the Department of Planning and Zoning, City Hall, 149 Church Street, Burlington Monday through Friday 8:00 a.m. to 4:30 p.m., or on the department's website www.ci.burlington.vt.us/[illegible]

**STATE OF VERMONT
CHITTENDEN COUNTY, SS.
CHITTENDEN SUPERIOR COURT
DOCKET NO. 45-08 CnC**

Citimortgage, Inc.
Plaintiff
v.
Norman C. Reeves, Jr., Kelly Reeves, GMAC Mortgage Corporation f/d/b/a Ditech.com, United States of America Secretary of Housing and Urban Development, And Occupants residing at [illegible]
Defendants

NOTICE OF SALE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Norman C. Reeves, Jr. and Kelly J. Reeves to [illegible] dated August 27, 2003 and recorded in Volume 518 Page 571 of the Land Records of the Town of Colchester of which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purposes of foreclosing the same will be sold at Public Auction at 2:45 P.M. on January 27, 2009 at [illegible] Birch Drive, Colchester, Vermont all and singular the premises described in said mortgage.

To Wit:

Being all and the same land and premises conveyed to Norman C. Reeves, Jr. and Kelly J. Reeves by Warranty Deed of [illegible] dated [illegible] and recorded in Volume [illegible] Page [illegible] of the Land Records of the Town of Colchester.

Terms of Sale: $10,000.00 to be paid in cash by purchaser at the time of sale, with the balance due at closing. Proof of financing for the balance of the purchase is to be provided at the time of sale. The sale is subject to taxes due and owing to the Town of Colchester.

Other terms to be announced at the sale or inquire at Lobe & Fortin, 30 Kimball Ave., Ste. 306, South Burlington, VT 05403 802-660-9000.

Citimortgage Inc.

By Joshua B. Lobe, Esq.
Lobe & Fortin, PC
30 Kimball Ave., Ste. 306
South Burlington VT 05403

STATE OF VERMONT
CHITTENDEN COUNTY, SS.
CHITTENDEN SUPERIOR COURT
DOCKET NO. [illegible]

In RE: ARMSTRONG MARBLE [illegible]
OF [illegible]

[illegible]

**STATE OF VERMONT
CHITTENDEN COUNTY, SS.
CHITTENDEN SUPERIOR COURT
DOCKET NO. S0054-08 CnC**

GMAC Mortgage, LLC
Plaintiff
v.
Erin Keen, Jennifer Keen, Mortgage Electronic Registration Systems, Inc. as nominee for GMAC Mortgage Company, LLC and Occupants residing at 21 Sherman Way, Milton, Vermont,
Defendants

NOTICE OF SALE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Erin Keen and Jennifer Keen to [illegible] dated September 18, 2006 and recorded in Volume 339 Page [illegible] of the Land Records of the Town of Milton of which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purposes of foreclosing the same will be sold at Public Auction at 12:30 P.M. on February 11, 2009 at 21 Sherman Way, Milton, Vermont all and singular the premises described in said mortgage.

To Wit:

Being all and the same land and premises conveyed to Erin Keen and Jennifer Keen by Warranty Deed of [illegible] dated September 18, 2006 and recorded in Volume [illegible] Page [illegible] of the Land Records of the Town of Milton.

Terms of Sale: $10,000.00 to be paid in cash by purchaser at the time of sale, with the balance due at closing. Proof of financing for the balance of the purchase is to be provided at the time of sale. The sale is subject to taxes due and owing to the Town of Milton.

Other terms to be announced at the sale or inquire at Lobe & Fortin, 30 Kimball Ave., Ste. 306, South Burlington, VT 05403 802-660-9000.

GMAC Mortgage, LLC

By Joshua B. Lobe, Esq.
Lobe & Fortin, PC
30 Kimball Ave., Ste. 306
South Burlington VT 05403

**STATE OF VERMONT
CHITTENDEN COUNTY, SS.
CHITTENDEN SUPERIOR COURT
DOCKET NO. S0482-08 CnC**

RBS Citizens N.A. f/k/a Citizens Bank [illegible]
Plaintiff
v.
Susan [illegible] Morton [illegible]
Defendants

NOTICE OF SALE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by [illegible] to Citizens Bank, N.A. dated April 28, 2003 and recorded in Volume [illegible] Page [illegible] of the Land Records of the Town of Williston of which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purposes of foreclosing the same will be sold at Public Auction at [illegible] on February 12, 2009 at [illegible] Circle, Williston, Vermont all and singular the premises described in said mortgage.

To Wit:

▸▸sevendaysvt.com [click on classifieds]

Show and tell
View and post up to 6 photos per ad online

Open 24/7/365
Post & browse ads at your convenience

Extra! Extra!
There's no limit to ad length online

Being all and the same land and premises conveyed to Christopher Pierson and Susan Pierson by Warranty Deed of Veronica Bessey dated may 19, 1998 and recorded in Volume 112 at Page 400-403 of the Town of Williston Land Records.

Terms of Sale: $10,000.00 to be paid in cash by purchaser at the time of sale, with the balance due at closing. Proof of financing for the balance of the purchase to be provided at the time of sale. The sale is subject to taxes due and owing to the Town of Williston.

Other terms to be announced at the sale or inquire at Lobe & Fortin, 30 Kimball Ave., Ste. 306, South Burlington, VT 05403, 802-660-9000

[illegible] N.A.

By: Joshua R. Lobe, Esq.
Lobe & Fortin, PLC
30 Kimball Ave., Ste. 306
South Burlington, VT 05403

STATE OF VERMONT
CHITTENDEN COUNTY, SS.
CHITTENDEN SUPERIOR COURT
DOCKET NO. S0590-08 CnC

[illegible] Financial Services, Inc.
Plaintiff
v.
Melissa Blondin, Maine Drilling & Blasting, Inc., Conrad Huskey & Sons, Inc. And Occupants residing at 117 Kay Road, Colchester, Vermont,
Defendants

NOTICE OF SALE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Dream House Mortgage Corporation to Melissa Blondin dated September 7, 2008 and recorded in Volume 517, Page 531 of the Land Records of the Town of Colchester, of which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold at Public Auction at 9:45 A.M. on February 12, 2009, at 117 Kay Road, Colchester, Vermont all and singular the premises described in said mortgage.

To Wit:
Being all and the same lands and premises conveyed to Melissa Blondin by Warranty Deed from [illegible] Construction, Inc., dated September 7, 2007 and recorded in Volume 517 at Page 531 of the Town of Colchester Land Records.

Terms of Sale: $10,000.00 to be paid in cash by purchaser at the time of sale, with the balance due at closing. Proof of financing for the balance of the purchase to be provided at the time of sale. The sale is subject to taxes due and owing to the Town of Colchester.

Other terms to be announced at the sale or inquire at Lobe & Fortin, 30 Kimball Ave., Ste. 306, South Burlington, VT 05403, 802-660-9000

[illegible] Financial Services, Inc.

By: Joshua R. Lobe, Esq.
Lobe & Fortin, PLC
30 Kimball Ave., Ste. 306
South Burlington, VT 05403

STATE OF VERMONT
CHITTENDEN COUNTY, SS.
CHITTENDEN SUPERIOR COURT
DOCKET NO. S522-08 CnC

Citifinancial, Inc.,
Plaintiff
v.
Mary E. Sturgeon And Occupants residing at
573 Vermont Route 15, Jericho, Vermont
Defendants.

NOTICE OF SALE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Citifinancial, Inc. to Mary E. Sturgeon dated April 26, 2000 and recorded in Volume 252, Page 517 of the Land Records of the Town of Jericho, of which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold at Public Auction at 3:30 P.M. on January 27, 2009, at 573 Vermont Route 15, Jericho, Vermont all and singular the premises described in said mortgage:

To Wit:
Being the same property conveyed by fee simple deed from Katie L. Fontaine to Mary E. Sturgeon and Shawn E. Sturgeon dated 10/20/2000 recorded on 10/25/2000 in Book 182, page 207 in Chittenden County Records, State of Vermont.

Terms of Sale: $10,000.00 to be paid in cash by purchaser at the time of sale, with the balance due at closing. Proof of financing for the balance of the purchase to be provided at the time of sale. The sale is subject to taxes due and owing to the Town of Jericho.

Other terms to be announced at the sale or inquire at Lobe & Fortin, 30 Kimball Ave., Ste. 306, South Burlington, VT 05403, 802-660-9000

Citifinancial, Inc.

By: Joshua R. Lobe, Esq.
Lobe & Fortin, PLC
30 Kimball Ave., Ste. 306
South Burlington, VT 05403

STATE OF VERMONT
CHITTENDEN COUNTY, SS.
CHITTENDEN SUPERIOR COURT
DOCKET NO. S 1330-07 CnC

Mortgage Electronic Registration Systems, Inc. As Nominee for Freedom Mortgage Corporation, d/b/a FHMC,
Plaintiff
v.
Roy Skorstad and Gina Carrera, Spafford & Sons of Williston, Vermont, The State of Vermont, Department of Taxes, and Any Other Occupants of 201 Browns River Road, Essex, Vermont,
Defendants.

NOTICE OF SALE

By virtue and in execution of the Power of Sale contained in a certain Mortgage Deed dated May 25, 2005 from Roy A. Skorstad and Gina Carrera to Mortgage Electronic Registration Systems, Inc., as Nominee for Freedom Mortgage Corporation dba FHMC. Said Mortgage Deed was recorded on June 5, 2005 in Volume 640, Pages 861-875 of the Town of Essex Land Records.

The undersigned represents the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing the same which will be sold at Public Auction at 11:00 o'clock AM, on the 13th day of February, A.D. 2009, at the subject premises of 201 Browns River Road, Essex, Vermont, all and singular the premises described in said mortgage will be sold as a whole.

To wit:

"A CERTAIN PIECE OF LAND IN ESSEX IN THE COUNTY OF CHITTENDEN AND STATE OF VERMONT DESCRIBED AS FOLLOWS, VIZ: "BEING A PARCEL OF LAND 22.24 ACRES, MORE OR LESS, LOCATED ON THE NORTH EASTERLY SIDE OF VERMONT ROUTE 128 IN THE TOWN OF ESSEX, VERMONT, BEING MORE PARTICULARLY DESCRIBED AS FOLLOWS: "BEING ALL OF THE GRANTORS LAND AND PREMISES ON THE EASTERLY SIDE OF VERMONT ROUTE 128, FROM LAND AND PREMISES CONVEYED TO THEM BY WARRANTY DEED OF THE LAMOILLE GRAIN COMPANY, INC., DATED OCTOBER 3, 1985, RECORDED AT VOLUME 312, PAGES 535-538 OF THE TOWN OF ESSEX LAND RECORDS.
"THE LAND AND PREMISES CONVEYED HEREIN ARE BOUNDED NOW OR FORMERLY AS FOLLOWS (FOR PURPOSES OF THE DESCRIPTION ROUTE 128 IS ASSUMED TO RUN NORTH AND SOUTH): WESTERLY BY VERMONT ROUTE 128; NORTHERLY BY LAND AND PREMISES OF MARVIN AND MARY CHAMPLAIN; EASTERLY BY GARDNER FLETCHER, BERNARD CATILLA AND BY LEMIRE; AND SOUTHERLY BY [illegible].
"THE LAND AND PREMISES CONVEYED HEREIN MAY BE SUBJECT TO AND/OR BENEFITTED [sic] BY SPRING RIGHTS AND WATER LINE EASEMENTS OF RECORD. "SUBJECT TO AN EASEMENT IN FAVOR OF CENTRAL VERMONT PUBLIC SERVICE CORPORATION AND NEW ENGLAND TELEPHONE AND TELEGRAPH COMPANY DATED AUGUST 9, 1887 RECORDED AUGUST 13 [sic], 1986 IN VOLUME 555, PAGE 841.
"BEING THE SAME PROPERTY CONVEYED TO GINA CARRERA AND ROY A. SKORSTAD, AS JOINT TENANTS WITH THE RIGHTS OF SURVIVORSHIP BY DEED FROM GINA CARRERA RECORDED 05/18/2004 IN DEED BOOK 600, PAGE 195 IN THE TOWN CLERK'S OFFICE OF CHITTENDEN, VERMONT [sic]."

Terms of Sale:

Purchaser at the sale shall pay cash or certified funds, or produce a commitment letter from a bank or mortgage company or other lender licensed to do business in the State of Vermont at the time of the sale for the amount of the winning bid. In any case the winning bidder shall be required to produce $10,000.00 (ten thousand dollars) cash or certified funds at the close of auction as the deposit against the sale. The sale will be subject to the Confirmation Order of the Chittenden Superior Court. The property will be sold subject to all unpaid property taxes and town/city assessments, if any. In the event the auction terms are confirmed by the Superior Court aforesaid, and the winning bidder is unwilling or unable to consummate the sale, the deposit shall be forfeit. In the event the sale is not confirmed the deposit will be returned without interest.

The Mortgagor is entitled to redeem the premises at any time prior to the sale by paying the full amount due under the mortgage, including the costs and expenses of the sale.

Other terms to be announced at the sale or inquire at Grant C. Rees, Attorney, PO Box 108, Milton, Vermont 05468, 802-893-7400

By: Grant C. Rees, Esq.
Mortgagee or Mortgagee's Attorney

Publication Dates:
January 21, 2009
January 28, 2009
February 4, 2009

STATE OF VERMONT
CHITTENDEN COUNTY, SS
CHITTENDEN SUPERIOR COURT
DOCKET NO. S0444-07 CnC

Deutsche Bank Trust Company Americas as Trustee
Plaintiff
v.
Brenda Provost, Dale Provost and Any Other Occupants of 15 Hilltop Court, Colchester, Vermont,
Defendants.

NOTICE OF SALE

By virtue and in execution of the Power of Sale contained in a certain Mortgage Deed dated March 16, 2007 from Brenda Provost and Dale Provost to Mortgage Electronic Registration Systems, Inc., as Nominee for Accredited Home Lenders, Inc. Said Mortgage Deed was recorded on March 20, 2007 in Volume 553, Page 215 of the Town of Colchester Land Records. The subject Promissory Note and Mortgage were assigned from Mortgage Electronic Registration Systems, Inc., as Nominee for Accredited Home Lenders, Inc. to Deutsche Bank Trust Company Americas formerly known as Banker's Trust Company, as Trustee and Custodian for DGS 2007-HE2 by: Saxon Mortgage Services, Inc. f/k/a Meritech Mortgage Services Inc., Its Attorney in fact, dated April 17, 2007 and recorded on April 13, 2007 in Volume 585, Pages 219-220 of the Town of Colchester Land Records.

The undersigned represents the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing the same which will be sold at Public Auction at 12:00 o'clock PM, on the 13th day of February, A.D. 2009, at the subject premises of 15 Hilltop Court, Colchester, Vermont, all and singular the premises described in said mortgage will be sold as a whole.

To wit:

"Being all and the same land and premises conveyed to the Mortgagors herein by Warranty Deed of M. Elena Lucia and John G. Bachman dated 5/18/06 [illegible] and recorded in Volume at Pages of the Town of Colchester Land Records, and being more particularly described as follows:
"A lot of land with dwelling house thereon located on the westerly side of Lagoon Road, and being all of Lot No. 45 as depicted on a plan prepared by Emanuel, Abbott, Harlow and Leedy, Inc., dated September 10, 1979, as revised November 7, 1980 and further revised December 11, 1980, and being Sheet One (1) of Nine (9) Sheets entitled "Canyon Estates IV" and recorded in Volume 20 at Page 26 of the Colchester Land Records and now recorded at Slide 117 of said Land Records.
"The dwelling house thereon is commonly known and designated as 15 Hilltop Court, Colchester, Vermont."

Terms of Sale:

Purchaser at the sale shall pay cash or certified funds, or produce a commitment letter from a bank or mortgage company or other lender licensed to do business in the State of Vermont at the time of the sale for the amount of the winning bid. In any case the winning bidder shall be required to produce $10,000.00 (ten-thousand dollars) cash or certified funds at the close of auction as the deposit against the sale. The sale will be subject to the Confirmation Order of the Chittenden Superior Court. The property will be sold subject to all unpaid property taxes and town/city assessments, if any. In the event the auction terms are confirmed by the Superior Court aforesaid, and the winning bidder is unwilling or unable to consummate the sale, the deposit shall be forfeit. In the event the sale is not confirmed the deposit will be returned without interest.

The Mortgagor is entitled to redeem the premises at any time prior to the sale by paying the full amount due under the mortgage, including the costs and expenses of the sale.

Other terms to be announced at the sale or inquire at Grant C. Rees, Attorney, P.O. Box 108, Milton, Vermont 05468, 802-893-7400

By: Grant C. Rees, Esq.
Mortgagee or Mortgagee's Attorney

Publication Dates:
January 21, 2009
January 28, 2009
February 4, 2009

support groups

DON'T SEE A SUPPORT group here that meets your needs? Call Vermont 2-1-1, a program of United Way of Vermont. Within Vermont dial 2-1-1 or 866-652-4636 (toll free) or from outside of Vermont 802-652-4636. Monday-Friday 8:00 a.m. - 4:30 p.m.

MEN ALIVE WINTER RETREAT February 6-8 at Sky Meadow Retreat Center. Join us for a weekend of shared leadership, communal meals, drumming and small group discussions. We create a safe environment to speak your truth and receive community support. Fee $85-$150 sliding scale. For info or to register call Bert 545-5128.

BEREAVED PARENTS & SIBLINGS SUPPORT GROUP of the Compassionate Friends meets on the third Tuesday of each month, 7-9 p.m. at the Christ Church Presbyterian, 400 Redstone Campus, UVM. Info: 482-5787. The meetings are for parents, grandparents and adult siblings who have experienced the death of a child at any age from any cause.

NEED A HUG? New support group starting. Would you like to explore personal intimacy in a safe environment? This is accomplished by using touch for expressing and receiving tenderness. This is platonic and personal boundaries are respected. Day, time and location TBA. Jeff 310-4875 email: tlymg@aol.com.

CERO SINGLES GROUP Ages 50-65 for sharing fun friendship and fun. Chittenden County area. Activities to include weekday/weekend dinner, bowling, hikes, snow shoeing, movies, etc. If interested email Myra at cdmc2771@aol.com

WOMEN'S CIRCLE for all women ages 18+. Held at the Community Center (YMCA) in Winooski every Friday from 5-7 p.m. We will have a peer support session & ended fun time to do a variety of things. Head Leader: Jackie Kenkel, Info: 802-881-2165, jackiekenkel@yahoo.com

SEX AND LOVE ADDICTS ANONYMOUS 12-step group. Women only. Do you have problems with your relationships? Are you unable to leave an unhealthy romantic relationship? We can help. Call Valerie, 802-425-4663.

ALZHEIMER'S DISEASE AND RELATED DEMENTIAS SUPPORT GROUP Held monthly at The Arbors at Shelburne. For info. or to register contact Nicole at 802-985-8600.

MENOPAUSE SUPPORT GROUP FOR WOMEN Meets Sundays, 4-6 p.m. & Thursdays, 6:30-8 p.m. Location: Pathways to Well Being, 198 Battery St., Burlington. Share knowledge, experience, stories & get support. This is a FREE support group that meets every other Sunday and Thursday. Call 802-3806 x5 for more info.

OPPLEN WASHINGTON COUNTY PARENTS OF CHALLENGING CHILDREN! Support group for adoptive parents of children presenting severe emotional and behavioral challenges. First Wednesday of each month, 10:30 a.m. - 12:30 p.m. Easter Seals Vermont, 641 Comstock Road, Berlin, Vermont. Info: Kristi Lepori, 802-223-4744.

CHRONIC FATIGUE SYNDROME SUPPORT GROUP 1-3 p.m. every third Thursday at the Burlington Pahco Station on Battery St. in the new Community Room. NOTE: This group will not meet again until March. Please call or visit website for location information: www.vtcfids.org or call 1-800-238-1645 or 802-651-4617 (Helaine "Laney" Rappaport)

WOMEN'S RAPE CRISIS CENTER Will be starting a free, confidential 10-week support group for adult female survivors of sexual violence. Please call 488-555 ext. 19 for information.

LIVING SINGLE SUPPORT GROUP This course is a follow-up to the Divorce Recovery course that is offered at Faith Alliance Church. If you've been through the Divorce Care class, you have an opportunity to continue to grow, heal, rebuild, and start again. Call Sue Farns for more information at 802-758-0835.

SUICIDE SURVIVORS SUPPORT GROUP For those who have lost a friend or loved one through suicide. Location: Maple Leaf Clinic, 167 North Main Street, Wallingford, 802-446-3577. 6:30-8:00 p.m., the third Tuesday of each month.

GLAFF Gay and lesbian adoptive and foster families. GLAFF provides support, education, resources and strategies to help maintain and strengthen gay and lesbian foster and adoptive families in northwestern VT. Open to all GLBTQ foster and adoptive parents and their children. Food, childcare provided. The group meets on the 1st Thursday of each month. Call Mike at 655-4888 to get more information and to register.

CO-DEPENDENTS ANONYMOUS MEETING: A group of men and women whose common purpose is recovery from co-dependence and development of healthy relationships. Weekly on Wednesdays, 5:30-6:30 p.m. Free. Turningpoint Center in the Marble Works, Middlebury. Info: 802-247-3840. www.coda.org

MS SUPPORT GROUP A support group for people with multiple sclerosis and their caregivers. Sponsored by the Vermont Chapter of the National Multiple Sclerosis Society. Join others who have MS to discuss concerns, ask questions, share information and get support. Meets the first and third Wednesday of the month from 6-7:30 p.m. in Williston. For more information contact Michele at 482-4085 and leave a message.

POST-TRAUMATIC STRESS DISORDER (PTSD) SUPPORT GROUP FOR WOMEN The National Alliance on Mental Illness of Champlain Valley (NAMI CV) is offering a free PTSD Support Group for Women on Thursdays from 12:30-2 p.m. The group focuses on both support and education about PTSD. Meetings are held at the NAMI office at 14 Healey Avenue, Suite B, Plattsburgh. For more information or to register call NAMI CV at 561-2085.

ARE YOU OR SOMEONE YOU LOVE BATTLING MULTIPLE MYELOMA? Support meetings are held on the third Tuesday of every month from 5-6:30 p.m. at Hope Lodge on East Avenue, Burlington. For more information call Kay Cromie at 655-8158 or email kycromey@msn.com

support groups »

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support groups

SUPPORT FOR THOSE WHO HAVE LOVED ONES WITH TERMINAL ILLNESS Group forming for family members and loved ones of people with terminal illness. The group will have a spiritual base. We will offer each other support by listening as well as share creative ways to explore feelings of grief and loss through writing, prayer, etc. Please contact Holly, hollyh@pshift.com.

OVEREATERS ANONYMOUS (OA) Tues. Thurs. & Sun. 6-7 p.m. in Barre, Episcopal Church of the Good Shepherd, 39 Washington St., Barre, VT (parking in back of church/please use back entrance). Meetings are FREE and anonymous. For more info please call 802-485-2855.

RIGHTS FOR CAREGIVERS support group: If you are a part-time caregiver/aide for an agency in Chittenden County, we need you to help everyone obtain better wages and more respect for the work we do. Contact Zoe at 802-881-6000 or [illegible]@yahoo.com.

AL-ANON Family group 12 step. Thursdays, 12:20-1:20 p.m. Call AWARE at 802-472-6463 for information and to register. Free of charge. 88 High Street, Hardwick.

"WOMEN CHANGING" An educational support group on changing unhealthy patterns for survivors of domestic and/or sexual violence. Tuesdays, 6-7:15 p.m. Ongoing. Join at any time! Childcare reimbursable. Ask about Survivors of Incest Anonymous and Overeaters Anonymous. Call AWARE at 802-472-6463 for information and to register. Free of charge, 88 High Street, Hardwick.

CIRCLE OF PARENTS support group meeting in Rutland Monday evenings. Snacks and childcare provided. Meeting is free and confidential. For more info call Heather at 802-498-0608 or 1-800-children. Meetings weekly in Winooski. For more info call Tanya at 802-485-6878 or 1-800-children. Meetings Tuesday evenings in Barre. For more info, call Cindy at 802-229-5724 or 1-800-children.

BRAIN INJURY ASSOCIATION OF VERMONT Montpelier daytime support group meets first and third Thursday of the month at the Unitarian Church "ramp entrance" from 1:30-2:30 p.m. Montpelier evening support group meets the last Tuesday of each month at Vermont Protection and Advocacy, 141 Main St., Suite 7 in conference room #2 from 6-8 p.m. Burlington evening support group meets the first Wednesday of each month at the Comfort Inn and Suites, corner of Williston Rd. and Dorset St. from 6-8 p.m. Middlebury support group on the 2nd Tuesday of the month at the Patricia Hannaford Career Center. Call our helpline at 1-877-856-1772.

FORMING A UFW GROUP focused on recovery/management of addictions, compulsions and their resulting imbalances in our lives. Alternative or supplement to traditional 12 step programs. Are you having trouble moderating alcohol? Work? Sex? Television? Food? Drugs? Computer games? Requires a commitment to improving your health and the ability to maintain a nonjudgmental atmosphere. Let's discover how our struggles relate and help each other work on strategies to find balance. Contact Michelle at 872-568-8575 or recoveryinbalance@gmail.com.

LAKE CHAMPLAIN MEN'S RESOURCE CENTER MEN'S DROP IN SUPPORT GROUP All men welcome, weekly group w/cofacilitators. Open discussion format. Varied topics including relationships, work, parenting, personal growth, healing. Confidential, nonjudgmental. Open to all ethnicities, religions and sexual orientations. Joseph's House, 113 Elmwood Ave. Every Thursday, 7-9 p.m. More info: call Chris 434-4830.

CHITTENDEN COUNTY PROSTATE CANCER SUPPORT GROUP will meet every second Tues., @ 7:30 p.m. at Fanny Allen Hospital, lower level in the Board Room.

ARE YOU HAVING PROBLEMS with debt? Do you spend more than you earn? Get help at Debtor's Anonymous plus Business Debtor's Anonymous. Mondays, 7-8 p.m. First United Methodist Church, North Winooski Ave., Burlington. Contact Valerie at 825-6845.

HIV SUPPORT GROUP This is a facilitated HIV/AIDS support group that is meant to foster a greater sense of community, self acceptance and personal growth. We are a group of survivors and with all of our experience, will help you understand and enjoy what positive living has to offer. Fridays @ 7 p.m. in the white building behind the Universal Unitarian Church. For more info call Alton @ 310-8094.

LYME DISEASE Are you interested in forming a group? Please call Susan at 899-2713.

CENTRAL VERMONT SUPPORT GROUP FOR ADOPTIVE PARENTS COPING WITH BEHAVIORAL CHALLENGES will meet at the Easter Seals office in Berlin the first Wednesday of each month from 10:30 a.m. - 12:30 p.m. New members welcome. Facilitated by Kristi Lamott, MA. For more information call Kristi at 802-223-4744.

SOULLIFTERS SUPPORT GROUP Self help support group now forming in the capital area for persons who would like to meet regularly for mutual support. This new group would meet biweekly at a time and place to be decided to discuss our issues, struggles and ways of staying out of trouble. We'll likely use some of Tony Shutman's work as a focus for some of our discussions. Please call Tina at 802-785-4817 or email at [illegible]@cs.com.

STARTING A WOMEN'S GROUP Ages 45+ to meet weekly for lunch and other activities such as walking, book discussions, museum visits, outdoors etc. Email Katherine at [illegible]@aol.com.

MAN-TO-MAN CHAMPLAIN VALLEY PROSTATE CANCER Support group meets 5 p.m., 2nd Tuesday of each month in the board room of Fanny Allen Hospital, Colchester. Info 800-ACS-2345.

MITRAL VALVE PROLAPSE/DYSAUTONOMIA Group forming for information sharing purposes. Please call 865-3453.

SURVIVORS OF SUICIDE (SOS): Open to anyone who has lost a loved one, friend, relative, neighbor, co-worker to suicide. The group provides a safe place where survivors can share their experiences and support each other. The Burlington support group meets on the 2nd Wednesday of each month, 6-7:30 p.m. at the The Comfort Inn & Suites, 5 Dorset St., South Burlington, VT. This is not a therapy group, this is a support group. There is no fee. Please contact Linda Livendale, 802-479-9450 [illegible]@yahoo.com.

TOPS (Take Off Pounds Sensibly) Chapter Meeting, Bethany Church, 115 Main Street, Montpelier. Wednesdays, 5:15-6:15 p.m. For info call Linda at 478-8545.

BEREAVED PARENT SUPPORT GROUP Every first Monday of the month at 6:30 p.m. in Enosburg Falls, 17 Market Place, Main St. Parents, grandparents and adult siblings are welcomed. The hope is to begin a Compassionate Friends Chapter in the area. Info, please call Priscilla at [illegible]-7748.

CONCERNED UNITED BIRTHPARENTS A group offering support if you have lost a child to adoption, or are in reunion or have yet to begin your search. 802-849-2244.

EATING DISORDERS PARENTAL SUPPORT GROUP for parents of children with what that of anorexia or bulimia. [illegible] 7-8 p.m. third Wednesday of each month at the Emmanuel Community Church. [illegible] call 802-[illegible].

OCD SUPPORT GROUP/THERAPY GROUP Come share your experiences, get support from those who have been there. Learn about Obsessive Compulsive Disorder and how to reduce its symptoms. Therapist facilitated. Weekly meetings. 802-343-8114.

AUTISM Free support group for parents and caregivers of children with ASD. Montpelier, 2nd Sunday of the month, 3-5 p.m. at the Family Center. Call Jessica, 249-7961 for childcare inquiries. More info: www.[illegible].org.

ALZHEIMER'S DISEASE and Dementia support group. Held the last Tuesday of every month at Birchwood Terrace, Burlington. Info, contact Stefanie Catella, 863-6384.

FAMILY AND FRIENDS SUPPORT GROUP If someone in your family or one of your friends is in an abusive relationship, this new support group is designed especially for you. Info: call Women Helping Battered Women, 658-1888.

HAIR PULLERS SUPPORT GROUP: The Vermont TTM Support Group is a new support group for adult pullers (18+) affected by trichotillomania (chronic hair pulling) as well as parents of pullers. This will be a supportive, safe, comfortable and confidential environment. Meets on the 4th Monday of every month, 6-7:30 p.m. at First Unitarian Universalist Society, 152 Pearl St., Burlington. Info: 453-3688 or [illegible]@yahoo.com.

DEPERSONALIZATION AND DEREALIZATION If you suffer from either of these trauma states, please call Todd, 864-4285.

DIABETES EDUCATION and Support Group of Chittenden County meets the third Thursday of every month at the Williston Federated Church, 6:30-8 p.m. We often have guest speakers. Info: 847-2278.

WOMEN HELPING BATTERED WOMEN offers free, confidential, educational support groups for women who have fled or are fleeing or are still living in a world where intimate partner violence is present. WHBW offers a variety of groups to meet the diverse needs of women and children in this community. Info: 658-1888.

VT PARENTS OF FOOD ALLERGY CHILDREN EMAIL SUPPORT TEAM Info: contact MaryKay Hill, www.VTPFAC.com or call 802-673-6661.

MIXED GENDER COMING OUT SUPPORT GROUP Every 2nd and 4th Thursday, 6:30 p.m. Co-facilitated by supportive peers and mental health professionals, and open to all lesbian, gay, bisexual, transgender and questioning adults age 25 and up. Check out this group meeting at R U 1 2?

TRANS SOCIAL AND SUPPORT GROUP First Wednesday, 6:30 p.m. Looking for peer support among other transgendered folks? Need a safe space to relax and be your self? Come out this group meeting at R U 1 2?

TOPS (Taking Off Pounds Sensibly) Chapter meeting, St. Francis Xavier School, Winooski. Tuesdays, 5:30 p.m. weigh-in, 7-8 p.m. meeting. Info, call Fred or Bunnye, 655-5617 or Patricia 658-6884.

NARCOTICS ANONYMOUS is a group of recovering addicts who live without the use of drugs. It costs nothing to join. The only requirement for membership is a desire to stop using. Info 862-4516 or visit www.cvana.org. Held in Burlington.

SEX AND LOVE ADDICTS ANONYMOUS 12-step recovery group. Do you have a problem with sex or relationships? We can help. Sunday meetings, 7-8:30 p.m. Call Sandy, 863-5708.

SMOKING CESSATION GROUP Wishing to kick the habit? This free, five-week program helps quitters to follow through. Community Health Center of Burlington. 5:30-6:30 p.m. Free. Info 864-6309.

DOES YOUR PARTNER/SPOUSE HAVE ADD/ADHD (Attention Deficit/Hyperactivity Disorder)? Support group meets in Burlington to share experiences, challenges, laughs, resources. Want more information? Write addpartner@yahoo.com.

WEDNESDAYS CIRCLE A transpersonal support group every Wed., 6 p.m. Transformational Community Wellness Center, Rt 100B Rochester VT 767-6092. A sharing circle focusing on personal growth, transformative spirituality and healing led by [illegible].

DECLUTTERER'S SUPPORT GROUP Are you ready to make improvements but find it overwhelming? Maybe 2 or 3 of us can get together to help each simplify. 453-6012.

PARENTS TOGETHER Support group will be meeting in Rutland on Monday evenings. Snacks and childcare provided. All groups are free and confidential. Please call 1-800-CHILDREN for more information.

SUPPORT GROUP FOR WOMEN who have experienced intimate partner abuse, facilitated by Battered Women's Services and Shelter of Washington County. Please call 1-877-543-9498 for more info.

AHOY BREAST CANCER SURVIVORS Join our support group where the focus is on living, not on the disease. We are a team of dragon boaters. Learn all about this perfect sport and its health giving, life-affirming qualities. Any age. No athletic experience needed. Call Linda at 802-434-4423 or email: dragonheartvermont@gmavt.net or go to: www.dragonheartvermont.org.

NAKED IN VERMONT: The premier Naturist/Skinnydipper organization in Vermont offering information library, message board, chat room, Yahoo group, and more. (ALL FREE.) Visit www.nakedinvermont.com.

SCLERODERMA FOUNDATION New England: Info, Blythe Leonard, 878-0732.

HARD-OF-HEARING support group: I'm starting a support group for adults who have a hearing loss that affects the quality of their work, family/social life. Let's share personal experiences and knowledge of hearing aid technology. Marlene, 888-9105.

SKINNYDIPPERS UNITE! Vermont Au Naturel. Join other naturists and like-minded people for support, discussions and more. www.vermontaunaturel.com

MENTAL ILLNESSES: The National Alliance for the Mentally Ill holds support meetings for the families and friends of the mentally ill at Howard Center, corner of Flynn and Pine. Second and fourth Tuesday of every month at 7 p.m. Park on Pine St. lot and walk down ramp. 862-6683 for info.

LESBIAN, GAY, BISEXUAL, Transgender, Queer and Questioning Support groups for survivors of partner violence, sexual violence and bias/hate crimes. Free and confidential. SafeSpace, 863-0003 or 866-869-7341 (toll free).

"HELLO BEACH" CANCER support: Every other Wednesday, 6:30 p.m., Middlebury. Call to verify meeting place. Info 388-6107. People living with cancer and their caregivers convene for support.

[illegible] SUPPORT GROUP Mondays, 7-8 p.m. First United Methodist Church, 21 Buell St., Burlington. Saturdays, 10-11:30 a.m., King Street Youth Center, 87 King St., Burlington. Info, call Cameron 565-6747.

BURLINGTON MEN'S GROUP: Ongoing Tuesdays, 7-9 p.m. Free. Info 877-6742. Area men are invited to join this weekly group for varied discussions and drumming.

ALCOHOLICS ANONYMOUS: Daily meetings in various locations. Free. Info 990-6382. Want to overcome a drinking problem? Take the first step of 12 and join a group in your area.

AL-ANON: Ongoing Wednesdays, 8 p.m. First Congregational Church, N. Winooski Ave., Burlington. Free. Info 655-6512. Seven other locations also. Info 860-8388. Do you have a friend or relative with an alcohol problem? Al-Anon can help.

DOMESTIC AND SEXUAL violence: WomenSafe offers free, confidential support groups in Addison County for women who have experienced domestic or sexual violence. Info 388-4205.

WOMEN'S CANCER SUPPORT group: FAHC. Every 1st and 3rd Tuesday, 5-6:30 p.m. Call Rose, 847-5714.

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rates $24.06/column inch

contact info Michelle Brown 802-865-1020 x21
michelle@sevendaysvt.com

SCHOOL BUS DRIVERS NEEDED

Dear Parents/Guardians, Grandparents
and Community Members,
**South Burlington School District is now
hiring part time and trip Drivers.**
Great benefits, in-house paid training, flexible hours,
good wages and a great working atmosphere!

The district would prefer a valid Commercial Driver's License (CDL), Senior Vermont Operator's license with Vermont School Bus Endorsement (Class B) and an air brakes endorsement. Candidates must have a 3 year clean driving record. The school district will provide training to receive a Certification in Crisis Prevention Intervention (CPI), Cardio-pulmonary resuscitation (CPR), Automatic External Defibrillator (AED), and first aid.

If you are interested in joining an established,
well trained fleet, please contact us at **802-652-7258**

EOE

St. Joseph's Residential Care Home

Part-time LNA and LPN positions

Assist residents with activities of daily living and medication management, providing a high level of care when needed. Assist in the maintenance of the unit to provide for a pleasant, efficient and safe environment. Follow resident rights guidelines including confidentiality at all times to insure that residents are being treated with dignity and respect. Demonstrate competency in nursing care skills in order to provide appropriate and safe care.

APPLY IN PERSON AT:
243 North Prospect St. Burlington, VT 05401
OR VIA EMAIL AT:
dsanderson@vermontcatholic.org
Our residents and staff are wonderful to work with and provide a great working atmosphere!

FUSE

Fuse is a leading youth marketing agency located in Burlington that connects brands with youth through sports, music, fashion and other youth culture. For more information, go to www.fusemarketing.com.

Fuse is looking for creative, organized and detail oriented people to assist in the creative development of website projects.

FULL-TIME WEB PROJECT MANAGER

Strong organization, communication and management skills a must. Must have in-depth knowledge of the web development and production process and experience working on multiple sites at the same time. Must have a strong working knowledge of MS Office, Basecamp or other similar project management software.

FULL-TIME PRINT / WEB DESIGNER

Strong design and production skills in Photoshop, Illustrator, In Design and Flash a must. Experience with both print and web design mandatory. A background in Actionscript, HTML, CSS and Dreamweaver a plus. Knowledge and experience in the action sports or youth marketing industry is a plus.

CONTACT:
For complete job descriptions and to apply please visit: www.fusemarketing.com/jobs.

ARD

ARD Inc., an International Consulting Services firm has multiple professional openings at our corporate headquarters located in downtown Burlington. We are seeking quality candidates to consider for the following full-time positions. For comprehensive position descriptions, please visit our website at **www.ardinc.com/careers/us.php.**

PROJECT MANAGERS

Project Mangers oversee all nontechnical activities for short- and long-term projects from start-up through close-out and ensure contract compliance in accordance with international donor requirements. Project Managers coordinate with the business office on logistics, procurement, budgets, and travel. They also monitor and approve all project expenditures, and monitor project timelines and contract requirements to ensure that all contract deliverables are met on schedule. Qualifications include: BA degree; 3 years of international development project management experience with USAID funded activities; professional overseas experience in a developing country context. Must be extremely dependable, trustworthy and flexible with very strong interpersonal and communication skills. Speaking and reading proficiency in a foreign language is highly desired. Job Code: HOPM 2008

CONTRACTS SPECIALIST

The Contracts Specialist is primarily responsible for contract and subcontract administration on two large USAID-funded projects with a large number of US and local subcontracts. Additional contract specific work may be assigned on an as-needed basis in coordination with the Contracts team. Occasional international travel to developing / transitioning countries may be required. Qualifications include: Bachelor's degree, with background in business related field. Minimum of 3 years of experience in USAID contracting/subcontracting; or 5 years other federal government contracting/subcontracting. Must be comfortable working in a fast-paced and sometimes intense work environment. Fluency in French or Spanish beneficial but not required. Job Code: Contracts Specialist

U.S. citizenship or a valid U.S. work permit is mandatory.

To apply, please email a letter of application with a current resume to
homeofficejobs@ardinc.com. Please refer to the appropriate
Job Code in the subject line.
No phone calls will be accepted.

ARD, Inc. is committed to diversity and gender equality in all of its operations – in the US and overseas. We strive to reflect these goals in our global mission and in our workforce. We encourage applications from women and underrepresented ethnic, racial and cultural groups. ARD, Inc. is proud to be an Affirmative Action/Equal Opportunity Employer.

PART-TIME CAFÉ HELP

ECHO at the Leahy Center for Lake Champlain, Vermont's premier lake aquarium and science center, seeks to hire a part time food preparer and server to staff ECHO's new Green Café. This position is responsible for all aspects of the operation of the cafe including light food preparation and providing excellent customer service. Flexibility in terms of work availability is a key.

To apply: Apply in person Monday – Friday at **One College St.** on the Burlington Waterfront between the hours of 10-2 or submit resume and cover letter to **jobs@echovermont.org** (include job title on the subject line). The application deadline is January 31, 2009.

For more a more detailed job description, check our website at **www.echovermont.org**

ECHO
LAKE AQUARIUM AND SCIENCE CENTER
LEAHY CENTER FOR LAKE CHAMPLAIN

EOE

Need to place an ad?
Call **Michelle Brown**
865-1020 x 21

Oil Burner Technician

Immediate opening for experienced qualified Burner Tech. Must have state certifications. Earn $63/hour plus profit on parts. Call for details.

802-864-7828

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Office Manager for Fast-Paced Growing Company

You are a detail orientated, hyper-organized, people-person with excellent knowledge of Microsoft Office, strong communication skills, and a killer work ethic. We are seeking a part time office manager/Jack or Jill of all trades for one of our clients. You must have your own reliable transportation for occasional off site work. This client is a fast paced, growing, socially responsible business looking for someone to work approximately 20 hours per week.

Please send a cover letter and resume
to jobs@peoplemakinggood.com.
No phone calls please.
Only qualified applicants will be contacted.

We are looking for a **FULL-TIME RECEPTIONIST** for a private eye care practice in the Burlington area. Applicant must be personable and precise with excellent computer and phone skills. Responsibilities include scheduling, accounts receivable, filing, and patient flow. Minimum 2 year commitment preferred.

Please drop off or send your resume, cover letter and sample handwriting to:

Associates In Eye Care
11 No. Willard St.
Burlington, VT 05401

Shelburne Community School

Night Shift CUSTODIAN Immediate Opening

Ability to work independently and with other custodians involved in group projects. Work includes cleaning assigned areas of the school with a nightly and weekly checklist of responsibilities. Must be able to work in a school environment with students, parents, teachers, staff members, and community residents. Hours are 2:30-11 p.m., full-time, 40 hours/week; competitive salary and benefits.

Please send a cover letter and resume to:
John Bossange, Shelburne Community School
345 Harbor Road
Shelburne, VT 05482
Questions, call **802 985 3331**

EOE

sevendaysvt.com

St. Joseph's Residential Care Home

RN OVERSIGHT

(24 hours per week)
Burlington, VT

St. Joseph's Level III Residential Care Home is seeking to hire an individual [illegible] oversight for the home. The position is a critical role that necessitates a high level of [illegible] tion, customer service and organizational skills with a high level of compassion. The individual must promote the vision, mission and values of Vermont Catholic Charities Inc. This position provides oversight responsibility in the area of nursing. These include but are not limited to developing care plans for residents, completing resident assessments, medication oversight and in-service training. The incumbent is under the general direction of the Administrator of the Home. This is a great opportunity to utilize your nursing expertise for approximately 40 residents in a great environment. The position hours are 24 hours a week, with Wednesday as a primary day. If interested, please submit resumes to: **243 N Prospect St. Burlington, VT 05401** or [illegible]@vermontcatholic.org

Vermont Works for Women

Program Coordinator Search Reopened

Vermont Works for Women is seeking a Program Coordinator for our innovative and award-winning Modular Home Building program – a job-training program for incarcerated women at the Northwest State Correctional Facility in St. Albans, Vermont. Responsibilities include training in job readiness and life skills, curriculum development, and employment retention support. This position is for a dynamic, creative self-starter, an inspired teacher/trainer who has strong organizational skills and is looking for a supportive, stimulating work environment. Building trades experience a plus but not required. Thirty-two hours per week plus generous benefits package and competitive salary. Please send cover letter, resume and list of references via email to: **nszweda@vtworksforwomen.org** or fax 802-655-8922.

For more info, visit **www.vtworksforwomen.org**.
Position open until filled. EOE

Help Desk Technician

Burlington Telecom is looking for a full-time Help Desk Technician to provide superior assistance and customer service. This position will be responsible for participating in and tracking customer troubles through internal and external systems and reports.

For a complete description, or to apply, visit our website at **www.hrjobs.ci.burlington.vt.us** or contact Human Resources at **802-865-7145**. If interested, send resume, cover letter and City of Burlington application by February 4, 2009 to:

HR Dept, 131 Church St.
Burlington, VT 05401

BURLINGTON TELECOM
CITY OF BURLINGTON

Women, minorities and persons with disabilities are highly encouraged to apply. EOE

Cathedral Square

Are you looking for an opportunity to make a difference?

Wellness Nurse, Part Time

Provide wellness care and preventative services for residents at assigned properties. He/she will support a philosophy of aging in place, consistent with our mission. Provides nursing services including blood pressure, heart rate, medication review and foot care. Monitors residents' overall health status, maintains documentation and makes referrals to appropriate providers. This is a wonderful career opportunity to work one-on-one with seniors. Must be licensed as an LPN or RN in the State of Vermont. PT, up to 18 hours per week, flexible schedule. Submit resume or application to:

Cathedral Square, Human Resources
412 Farrell Street, Suite 100, South Burlington, Vermont 05403
Fax, 802-863-6661 • e-mail jobs@cathedralsquare.org
Check out all of our openings at www.cathedralsquare.org. EOE

Programs Coordinator/Associate Director

South Hero Land Trust (SHLT) seeks half-time Programs Coordinator/Associate Director who is committed to the conservation of natural and agricultural resources. Candidate will report to the Ex. Dir. and will be directly involved with all of SHLT programs: membership, fundraising, volunteers, conservation projects, community outreach, events, advocacy and coordination of SHLT's Farm Viability Program. Job includes daily office admin. duties and candidate should be willing to assist in a variety of required tasks.

Two-part position. The first involves working with people in a small community. Candidates must have great people and communication skills and the ability to work with diverse stakeholders. Strength in leadership, good judgment, self-motivation, and some knowledge of land conservation will be considered favorably. The second part involves office management and efficiency enhancement. Candidate should be well organized and have excellent computer skills, preferably fluent in MS Office Suite, especially Access, good writing and telephone skills. Bachelor's degree suggested, though all candidates will be considered.

Resume ASAP or by February 4 to
South Hero Land Trust, PO Box 455, South Hero, VT 05486
Please, no phone calls. EOE
www.shlt.org

General Counsel

Vermont Housing Finance Agency, located in Burlington, VT, has an immediate opening for its General Counsel position on a part-time or full-time basis (minimum of 27 hours/week).

General Counsel directs and administers all legal matters for the Agency, including work associated with the issuance of taxable and tax-exempt bond and other funding sources, real estate closings, federal and state housing program activities, litigation for foreclosures, and other legal aspects of corporate matters.

This position provides guidance to the Board of Commissioners and the executive team, and assists the Executive Director with legislative initiatives at the state and federal level. General Counsel is also responsible for providing advice on and being familiar with state and federal housing programs such as low-income and state housing tax credits, community development grant programs and mortgage revenue bonds.

JD degree and admission to the Vermont Bar are required, seven years commercial experience with emphasis on finance required. 5 years of real estate closing legal work desirable, knowledge of and familiarity with federal and state housing programs, tax-exempt and taxable bond financing experience also desirable, and proficiency in Microsoft Office products required.

Demonstrated leadership skills are a must, along with the ability to work effectively with a wide variety of people internal and external to the Agency. Excellent written and verbal communication skills are required. Must be highly organized, possess demonstrated ability to handle multiple tasks, assess and set changing priorities and meet deadlines within a fast-paced and exciting environment.

Competitive salary and excellent benefits package. Please send resume, salary requirement, and references by January 28, to Human Resources/Office Manager

Vermont Housing Finance Agency
PO Box 408
Burlington, VT 05402-0408
or mpanton@vhfa.org
An Equal Opportunity Employer

Need to place an ad?
Call **Michelle Brown**
865-1020 x 21

Private Duty Nurses

Seeking professional, dependable loving nurses to provide in-home nursing to young patient needing total care. Private home is located 25 minutes north of Burlington. Vermont nursing license required. Day shifts (some weekends). $26.00 - $28.00/hour

Please send resume to:
caregiverjob@surfglobal.net
or call 802-893-6368

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Where do you want to be in 5 years? Will what you are doing today get you to your goals tomorrow? Financial solutions company exploding in this economic downturn will train you to succeed. Work from home, part-time or full-time. Call **877 321-7799** or visit **WWW.[illegible]**

NOW HIRING:

Companies desperately need employees to assemble products at home. No selling, any hours. $500 weekly potential. For info call:

1-985-646-1700
DEPT. VT-6811

Parent Involvement Coordinator – School Based

30 hrs/week

The Vermont Family Network's Parent Information and Resource Center (PIRC Vermont) is seeking a certified teacher to join their team in serving schools and families. This person will provide in-service training to teachers and schools on research-based strategies to improve parent involvement in schools, conduct school-specific, needs-based assessments, and facilitate meetings. Instate travel is required. Candidates must be articulate and effective at public speaking, computer literate and comfortable learning new software. Teaching certification and classroom experience, particularly serving under represented populations, is desirable.

To review a full job description please visit our website at ***www.pircvermont.org***

Please forward cover letter, resume and certifications by Jan. 30 to
Human Resources
Vermont Family Network
600 Blair Park Rd., Suite 240
Williston, VT 05495-7549
or via email to ***Holly.Brooks@vtfn.org***
EOE

Travel Consultants/Agents

Six travel consultants/agents needed immediately. bonus/commission. Part/full-time. Will train.

Call Phyllis
802-343-0331

recruiting?

Place an ad where everyone is looking (right here).

CONTACT MICHELLE:
865-1020 x21
michelle@sevendaysvt.com

SEVEN DAYS

JOHNSON STATE COLLEGE
VERMONT

Assistant Professor of Writing and Literature

Johnson State, a small, dynamic liberal arts college in Vermont — with a strong MFA in creative writing and BA programs in literature and journalism — seeks a full-time, tenure track assistant professor in Writing and Literature. Candidates should have an MFA in creative writing or a Ph.D. in literature, preferably with a creative dissertation. He or she should have significant publications in poetry, fiction, or creative nonfiction and have some experience in literary magazine publication — as a graduate level intern, faculty adviser or editor. Candidates should also have proven teaching excellence and commitment to the undergraduate education of department majors as well as to non-majors enrolled in General Education courses offered through the department. Interest and experience in expository writing instruction and assessment are desirable.

The successful candidate will teach four courses per semester, including introductory courses in composition and creative writing, as well as survey and upper level courses in literature. The successful candidate will also offer upper-level workshops and poetic form and theory courses in his/her genre of choice. Additional expectations include academic advising and supervision of internships, continued scholarship, professional development, service to the college and community, and commitment to early and ongoing student success. The candidate offered the post will eventually become the general editor of Green Mountains Review, a nationally-distributed literary journal, now in its 21st year of publication.

As a member of the Vermont State Colleges, Johnson State offers an excellent benefit package. Salary is determined by degrees and experience, according to a negotiated contract. Review of applications will begin in February 2009 and continue until the position is filled.

Candidates should send a letter of intent, a statement of teaching philosophy, a curriculum vitae, graduate transcripts, three letters of recommendation and a complete JSC application (available at **www.jsc.edu**) to:
jschumanresources@jsc.edu or
JSC Human Resources
Dr. Andrea Perham, Dept. of Writing and Literature
Johnson State College, 357 College Hill, Johnson, VT 05656
Learn more about Johnson State College by visiting our website at **www.jsc.edu.**
Johnson State College is an equal opportunity employer.

AgRefresh
ENERGY WATER/AIR
Making Sustainability Rewarding

Environmental Accountant

Fast-paced environmental accounting firm seeks full-time technical expertise in greenhouse gas, renewable energy, life-cycle analysis, and other environmental accounting for the agriculture and forestry sectors. Superior quantitative analysis skills in environmental sciences a must. Competitive salary, health insurance, great work environment, downtown Burlington. Contact: **802-859-0059** or **rmiller@agrefresh.org**

Bartenders
to work 10:30 a.m.–5 p.m. & 5 p.m.–close. Experience, friendly, customer service oriented. Call
802-878-6100.
Dragonfly Cafe
18 Severance Green
Colchester, VT

Administrative Assistant

Seeking a responsible person to assist with administrative office functions for CPA firm located in South Burlington. Position for February until April. Full-time or part time basis. Can be good for a parent that needs to be home to get the kids off the bus in the afternoon. All applicants must speak English, answer the telephone, photocopy and file. Computer skills a plus but not required.

Please send a cover letter and resume, including your daytime phone number to: **[illegible]@comcast.net**
or fax to: 802-660-9473

Director of Marketing
Turtle Fur Company

Our Marketing Shell is about to be vacated and needs a new occupant! This is a big shell to fill. In order to join the Turtle Fur team, a world leader in keeping people warm, you must be obsessed with details, have a creative vision, and be a strong verbal and written communicator. You must possess excessive energy, work well under pressure and be comfortable taking the initiative on numerous projects. You will be responsible for catalog production, tradeshow coordination, consumer packaging and item branding, web site content, public/community relations, copywriting, graphic design, and communication with sponsored athletes, just to name a few! Some travel required. This position will interface with many members of the organization and reports directly to the Chief Turtle. Interest and experience within the winter sports industry a plus but not required. Above average familiarity with a wide range of computer software programs is required. The position is full-time with full company benefits.

Submit a letter of introduction and salary history along with your resume to **Brenda Snow, HR**, via email to: **bsnow@turtlefurgroup.com.**

TURTLE FUR · FUR HEADWEAR · NORDIC GEAR

Looking for
Sous Chef/ Lead Line Cook
For new restaurant in Chittenden County. Must be able to manage all kitchen positions and be responsible for a creative menu in a tavern-style restaurant. Great long-term opportunity for the right person.
Pay depends on qualifications of applicant. All inquiries will remain confidential.
[illegible]VT@aol.com

SEASONAL JOB FAIR

Have computer skills?
Work in our busy Contact Center!
Flexible schedules for days or evenings.

Computers not for you?
Opportunities also available in Fulfillment & Personalization.

Stop by our Job Fair Thursday, January 22nd from 10am to 4pm at our Shelburne Road Factory (6655 Shelburne Road, Shelburne, VT) or stop by Monday through Friday between 11am and 4pm for an in-person interview. We look forward to having you [illegible]

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Currently hiring:

- TECHNICAL RESOURCE SPECIALIST
- MEASUREMENT & VERIFICATION SPECIALIST
- PROJECT MANAGER
- FIELD STAFF MANAGER

full job descriptions at www.veic.org/jobs
Please send your resume and cover letter
by January 30th to
resume@veic.org
EOE

VERMONT ENERGY INVESTMENT CORPORATION
Efficiency Vermont

NORWICH UNIVERSITY
1819
Expect Challenge. Achieve Distinction.

Director Of Planned Giving

Position opening for an experienced and highly motivated fundraising professional responsible for raising deferred and current gifts. Expertise in and experience with deferred giving agreements is strongly preferred. Responsibilities include coordinating the reunion efforts of the Old Guard, engaging, cultivating, soliciting, and stewarding alumni, parents and friends to ensure a strong base of ongoing financial support, and establishing overall objectives and priorities for planned giving and executing that plan.

Major Gifts Officer

Coordinate and direct the identification, cultivation, solicitation, stewardship and documentation for major gift prospects. Directly responsible for raising money for the University with an annual goal established based on territory and experience. Work closely with the Class Reunion Gift Officer coordinating major gift prospect strategies for reunion classes. Responsible for data accuracy, data updates and reports associated with the Banner database.

Distance Learning Librarian

Seeking an energetic, tech-savvy and service oriented librarian to join the Kreitzberg Library team in developing and providing services to our distance learning population of 1300 online students in 10 master's degree programs. Develop procedures and implement programs for library distance education services, including maintaining library web presence, web technologies, and instructional materials for distance education.

For further information and application requirements, please visit **www.norwich.edu/jobs**. To apply, reply to appropriate Search via email: **jobs@norwich.edu**.

Norwich University is an Equal Opportunity Employer offering a comprehensive benefit package that includes medical, dental, group life and long-term disability insurance, flexible spending accounts for health and dependent care, retirement annuity plan and tuition scholarships for eligible employees and their family members.

Has your pet passed?
Honor his/her life with a public memorial

For more info, contact Ashley
ashley@sevendaysvt.com or 864-5684

SEVEN DAYS Pet memorials

jobs

FARRELL VENDING SERVICES, INC.

VENDING ROUTE DRIVERS

We are looking for motivated, responsible individuals. Must be able to work independently, possess a positive attitude, be capable of lifting up to 50 lbs. and have a clean driving record. We offer a competitive wage along with excellent benefits. Apply in person or online at:

Farrell Vending Services, Inc.
405 Pine Street Burlington, VT 05401
RobL@Farrellvending.com
www.farrellvending.com

Television Studio Production

Part-time Camera / Videotape Operator needed for Channel 3 News broadcasts. Must thrive in fast-paced, high-pressure team situation. Punctuality and reliability are essential. Video/audio experience preferred. This is weekdays, very early morning hours.
Send resume to: jobs@wcax.com
or
PRODUCTION
WCAX-TV
P.O. Box 4508
Burlington, VT 05406

PART-TIME PHYSICIAN

for busy Urgent Care/Occupational Health Practice.

Must have Vermont license and have Urgent Care, Occupational Health or Emergency Room experience.

Please send CV and cover letter
to the attention of Andrew Conte at:
Champlain Valley Urgent Care
7 Fayette Road
South Burlington, VT 05403
Email reply to **andrew.conte@cvurgentcare.com.**

Champlain Valley
Urgent Care

Want to Be Part of the Renewable Energy Revolution?

BERC
Biomass Energy Resource Center

The Biomass Energy Resource Center, a mission-based, nonprofit working nationally to promote the sustainable use of community-scale biomass energy, is inviting applications from exceptional individuals to join its technical team. There are currently two open positions: Project Manager and Project Assistant.

The **Project Manager** is a mid-level position with specific responsibilities, including managing all proposal/project requirements for feasibility studies and site assessments for biomass energy projects. Minimum qualifications include: a bachelor's degree in engineering, environmental, or a related field with five years of progressively responsible experience in project management, engineering or energy-related project implementation. A master's degree in a related field may substitute for three years of the work-related experience.

The **Project Assistant** is an entry-level position with specific responsibilities that center on assisting the Project Manager and Program Director in managing all proposal/project requirements for feasibility studies and site assessments for biomass energy projects. Minimum qualifications include: a bachelor's degree in engineering, environmental, or a related field, or an associate's degree in a related field with two years project-related work experience.

For full job descriptions, visit
www.biomasscenter.org/about-berc/employment-opportunities.html.

BERC offers a comprehensive salary and benefits package.

Applications
Please specify which position you are applying for and mail, fax or email a resume, cover letter and salary requirements by COB on January 23, 2009 to:

Biomass Energy Resource Center, PO Box 1611, Montpelier, VT 05601-1611
Fax: 802-223-7772 Email: contacts@biomasscenter.org

BERC is an equal opportunity employer.

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recruiting?
Place an ad where everyone is looking (right here!)
CONTACT MICHELLE:
865-1020 x21
michelle@sevendaysvt.com
SEVEN DAYS

CARING PEOPLE NEEDED

Home Instead Senior Care, a provider of non-medical companionship and home helper services to seniors in their homes, is seeking friendly, cheerful, and dependable people. CAREGivers assist seniors with companionship, light housekeeping, meal preparation, personal care, errands and more. Part-time, flexible scheduling, including Daytime, evening, weekend and overnight shifts currently available. No heavy lifting.

Please call 802-860-8205

Home Instead
SENIOR CARE

Need to place an ad? Call Michelle Brown 865-1020 x 21

Key Account Representative

The Key Account Representative is responsible for forming excellent working relationships with Burton's top dealers for all brands. This individual takes a proactive approach to servicing those dealers, and drives the level of service for the department as a whole.

Qualified candidates must have a business degree and/or 3 years of customer service experience. Must be detail oriented and have the ability to manage multiple tasks, excellent written and oral communication skills are a must. Knowledge of Microsoft applications necessary - especially Excel. Familiarity with Web navigation and an affinity for problem solving are also valuable. Ability to work a flexible shift in a fast-paced environment with constantly changing demands required. Key Account Reps must be able to juggle several different duties at once while never losing sight of excellent customer service. Teamwork is a must. Demonstrated commitment to providing a superior level of customer service is absolutely necessary.

Interested candidates should apply at:
www.burton.com
No phone calls, please

BURTON SNOWBOARD COMPANY

80 Industrial Parkway
Burlington, VT 05401
www.burton.com

Employer of choice...
Employees of choice...

Nursing positions

- **Emergency Services** Full-time, 7pm to 7am shift
- **Progressive Care/Telemetry** Full-time, 7pm to 7am shift
- **Operating Room** Full-time, Day/Evening Rotation (must be experienced OR nurse with circulating and scrub training)

Allied Health

- **Med Tech**
- **Physical Therapist**
- **Pharmacist**
- **Occupational Therapist**

At Rutland Regional Medical Center you'll enjoy a lifestyle that most people envy. You can expect state-of-the-art technology, exceptional educational opportunities as well as a unique, welcoming culture. Picture yourself working for an organization that allows professionals to practice their skills in a technologically advanced setting while enjoying a lifestyle with a [illegible]

For full descriptions and to apply online, please visit:
www.rrmc.org
or call Human Resources at:
866 • 213 • 5934 (Toll free)

Rutland Regional Medical Center
An Affiliate of Rutland Regional Health Services
160 Allen Street
Rutland, VT 05701

PEPSI Bottling Ventures

Pepsi Bottling Ventures
Now has full-time positions open.
Please visit our website
www.pepsibottlingventures.com
to view a listing of current openings and to apply online

PEPSI BOTTLING VENTURES

NOW ACCEPTING APPLICATIONS FOR

Full-time Cook/Prep Position,

Experienced. Set schedule. 8-hour days
benefits including health insurance
Low-pressure, fun work environment.

Application can be made
M-F 7 a.m. – 4 p.m.
165 Pine Haven Shore Road
Shelburne, VT

Shelburne Bay

The Charlotte Children's Center

Our center is seeking a flexible, professional, enthusiastic, part-time teacher (approx. 25+ hours/week). Interested candidates must have a willingness to grow and learn within the ECE field as part of a committed team. Candidates should be strong communicators and possess a passion to work alongside children and families. Requirements: prior experience and/or degree in Early Childhood Education.

Send resume and cover letter to
ccc@gmavt.net

COLLEGE STREET CHILDREN'S CENTER

EARLY CHILDHOOD EDUCATOR

The College Street Children's Center is looking for a nurturing, creative, enthusiastic infant/toddler teacher to join our team of childcare professionals. The position is 40 hours a week and begins March 2009.

Classroom experience and a BA, CDA or Associate's degree in Early Childhood Education or related field is preferred. A willingness to further one's education is required. Pay commensurate with education and experience. Benefit package included.

Send resume and 3 letters of reference to:

JENNE MORTON
COLLEGE STREET CHILDREN'S CENTER
228 College Street
Middlebury VT 05753
802 388-2401
Email: cscc@sover.net

We are currently seeking motivated self-starters who work well with others and excel in a fast-paced environment to join our manufacturing team in the following positions:

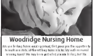
Licensed Electrician

Knowledgeable with 208 3-phase and 480 3-phase power requirements to fulfill project wiring requirements and installation of electrical components and appliances.

Apply in person or by mail at
3 Green Tree Drive
South Burlington, VT 05403
You may fax your resume to
Human Resources @ 802 864 4257 or
email: **hrdnb@tri-techusa.com**

Please include relevant educational background, work history, and salary requirements.

Tri-Tech offers a competitive salary and benefit package including 401(k), profit sharing, medical and dental insurance, company paid holidays, vacation and personal time.



Woodridge Nursing Home

Are you looking for an exciting career that gives you the opportunity to work in a state-of-the-art long term care facility with an award winning team? We may have just what you are looking for! We provide flexibility with your schedule, generous compensation, individualized resident care programs and top notch rehabilitative care.

We are currently seeking qualified candidates for

Physical Therapist or Licensed Physical Therapy Assistant

Full time position on the day shift with weekend rotation. Flexible schedules available. BS in Physical Therapy, Certificate in PT or Master entry level degree in PT, or VT licensed PTA required. VT PT or PTA license or eligibility required. Experience in long term care desired.

$5,000 Sign on Bonus Available!!

Apply online at **www.CentralToYourWellBeing.org**
or contact us at (802) 371-4191

CENTRAL VERMONT MEDICAL CENTER

Equal Opportunity Employer

EOE

Addison County
HOME HEALTH AND HOSPICE
Inc.

"There's No Place Like Home"

We're not just a place to come to work, we are a work family. We and our patients, will appreciate you and your expertise in providing quality nursing services. We provide a forum for you to deliver those quality services in a supportive environment where you count as a practitioner and as a person. If you seek independence, flexibility, support and a daily reminder why you chose to be a nurse, we invite you to join our family and our team!

OUR CURRENT OPENINGS ARE:
Full-Time Community Health Nurses

An extremely rewarding nursing experience working within the community in our patient homes, providing them with your high quality multiskilled experience. An opportunity for you to function independently within a supportive team environment. You must hold a valid VT nursing license and have a minimum of two years medical-surgical experience. These nursing positions are responsible for a caseload. You will be supported with your caseload with per diem nursing staff.

The agency offers you quality of life in both personal and professional endeavors. For Community Health RNs there are no required weekend or evening work shifts. We additionally provide you with a very generous time-off program.

Please visit our website at **www.achhh.org** and apply directly online.
Or, please send your resume to **Cpaquette@achhh.org** or
Human Resources
PO Box 754
Middlebury, VT 05753
Fax your resume to **802-388-6126**
or drop by for an application and interview.

The UNIVERSITY of VERMONT

Engaging minds that change the world

Administrative Services Manager Student Financial Services

Provide management oversight and leadership of Customer Service staff in support of student enrollment goals and fiscal responsibility. Lead staff in administration of student billing, financial aid, merit based scholarships, institutional and Federal Perkins Loan programs. Manage activities related to financial aid applications, eligibility determination and disbursement authorization, refunds of federal aid, student billing and collections, institutional and Federal Perkins loan repayment; third party invoicing; and coordination with outside vendors for student tuition payment plan, electronic billing and collection, and electronic refunding of financial aid. Develop and maintain service delivery practices that support a broadly diverse community. Bachelor's degree in a specialized or related field, five years' Customer Service experience and at least two years' Supervisory experience, or an equivalent combination. Effective verbal and written communication skills, strong organizational capabilities and ability to prioritize and multi-task in a fast-paced environment required. Experience in Financial Aid, Accounting and/or Enrollment Management in a higher education setting and familiarity with SunGard/SCT Banner student information system highly desirable. The University is especially interested in candidates who can contribute to the diversity and excellence of the academic community. Applicants are requested to include in their cover letter information about how they will further this goal.

For further information on this position, **#037582**, or to apply with electronic application, resume, cover letter and reference contact information, please visit our website at **www.uvmjobs.com. Tel. (802) 656-3150**

The University of Vermont is an Equal Opportunity/Affirmative Action Employer. Applications from women and people from diverse racial, ethnic, and cultural backgrounds are encouraged.

"MyWebGrocer ran employment ads for two weeks with *Seven Days* We ended up scheduling five interviews and finding them all qualified individuals The great thing about it was the timeliness of the staff We had our ad proof in less than a half hour! *Seven Days* newspaper enables MyWebGrocer to continue its growth rate We've doubled in size from 2007 to present and plan on continuing this growth Thanks *Seven Days*!"

COURTNEY MUSELLA
Public Relations Coordinator
MyWebGrocer

To advertise, contact Michelle 865-1020 x21 michelle@sevendaysvt.com

WE WANT YOU TO JOIN OUR TEAM!!!

Pike Industries is on the lookout for dependable, safety conscious employees to fill many available openings in the spring of 2009 throughout Vermont. If you enjoy the construction industry, want to be part of a team, and come to work every day with a smile, then we want you to work for us!!! All positions require a valid driver's license and all applicants considered for hire must undergo a background check, pre-employment physical and drug screen.

Office Engineer – This position will work with project managers to ensure the completion of paperwork, job related functions, scheduling, etc. This position requires someone to be great with planning and paperwork.

Grade/Drainage Foreperson – Seeking a team leader for a grade crew to plan take off, layout and set up grade control systems. This individual will work closely with equipment operators and other Pike supervisors.

Heavy Highway Project Manager – seeking someone to oversee, schedule and direct all facets of construction projects including oversight of multiple crews. Prior road and site construction experience, a strong understanding of grades/drainage, strong math skills, knowledge of DOT specifications and the ability to work effectively in a high pressure multitasking environment is a must.

Construction Coordinator – Seeking an organized individual to oversee and manage coldplane and reclaim operations in Vermont. You will be responsible for coordinating the movement of crews and equipment. Must be proficient with computers and prior experience with coldplaning and reclaiming is preferable but we will train the right person.

Concrete, Pipe and General Construction Laborers

Experienced Equipment Operators (dozer, grader, excavator, roller, transfer machine, haul units, reclaimer and coldplaner)

Tractor trailer, dump truck and water truck drivers (class A & B licenses required, tanker and Hazmat endorsement preferred)

Mechanics

Paving Crew Positions – We are seeking paver operators, roller operators, screed operators and paving laborers to work throughout Vermont installing hot mix on small and large projects.

Traffic Control Positions – We are seeking dependable, reliable individuals to assist with traffic control on construction sites throughout Vermont by directing traffic, setting up work site packages and keeping the traveling public and Pike crews safe.

Pike Industries offers an excellent benefits package, competitive salary and a chance for you to excel in your career. Stop by one of our many facilities to fill out an application, fill one out online at **www.pikeindustries.com**, or submit your resume to:

Pike Industries, Attn: Heidi Dimick
249 Granger Road – Berlin
Barre, VT 05641
Fax: **802-223-3175**
E-mail: **vtemployment@pikeindustries.com**

We Are an Equal Opportunity/Affirmative Action Employer.

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Post & browse ads at your convenience.

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There's no limit to ad length online.

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find it here.

sevendaysvt.com
[click on classifieds]

VERMONT
Chamber of Commerce

Communications Director

The Vermont Chamber of Commerce, a statewide business association, is seeking a writer, editor and media outreach professional. The candidate must be comfortable working under deadline in a fast-paced environment with a diversity of managers, programs and initiatives, and communicating both within and outside the organization. Must build upon and independently implement a public-relations, press-exposure and communications strategy to maintain the high profile of the organization itself, as well as its members, in a variety of written, spoken and online media. Must also be able to develop and publish copy to the web using a content management system. The following are helpful: the ability to adapt to different writing styles, familiarity with basic HTML, experience in working with graphic designers, possessing an understanding of marketing strategies including new media marketing, and existing media contacts. Competitive salary and benefit package; this is a full-time (37.5 hours/week) salaried position based out of the Vermont Chamber office in Berlin, Vermont.

Please email cover letter, resume and references by February 6 to **Vicky Tebbetts** at vtebbetts@vtchamber.com.
No phone calls, please.

Advanced Concert Ticket Sales

Nationwide Fundraising Company is seeking individuals to staff our S. Burlington, VT Office
Full- & part-time positions
M-F 12-9 pm, no weekends
$11/hr after training. $16+ realistic with
Guaranteed weekly bonus incentive program
Full company benefits
including 401 (K) and Paid vacation
Experience a plus, but not necessary, will train
Management opportunity within the first year

Looking for highly motivated, career-oriented people with good communication skills.

For interview call

802-652-9629.

CITY OF BURLINGTON
Case Management Specialist

This is a full-time position in the Code Enforcement Office that is responsible for providing day-to-day case management for the office's administrative functions, inspection systems and personnel. This position also provides direct case management for extended compliance requests, complex and multiagency enforcement efforts, and other cases as assigned by the Director. Bachelor's degree and three years experience in a governmental environment required. Two years supervisory experience preferred.

For a complete description or City of Burlington application visit our website at **www.hrjobs.ci.burlington.vt.us** or contact Human Resources at **802-865-7145**. If interested, send resume, cover letter and City of Burlington application by February 4, 2009, to:

HR Dept, 131 Church St.
Burlington, VT 05401

BURLINGTON, VT
CODE ENFORCEMENT

Women, minorities and persons with disabilities are highly encouraged to apply. EOE

Truck Drivers

Environmental Recycling Company is expanding, looking for more truck drivers, full-time or part-time. Class A (PT only) and Class B available. Early mornings from Middlebury (5-6 a.m.) will be necessary a couple of times per week.

Call 802-382-8500
or email truck@retroworks.com

Has your pet passed?

Honor his/her life with a public memorial

Unabridged memorials online at 7dspot.com
[click on pet memorials]

For more info, contact Ashley:
ashley@sevendaysvt.com
or 864-5684

SEVEN DAYS
Pet memorials

Full-time classes begin
Monday, March 2, 2009
Monday-Friday 8 a.m. - 3:30 p.m.
Start an exciting career
in five short months!
(750 Hours, certification ...)

Call for more information or to set up an appointment
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Financial aid available for those who qualify

Define yourself by what you do.

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the quiet company

Executive Director

The Rutland Area Farm and Food Link seeks a dynamic **Executive Director** to lead the nonprofit organization in strengthening its efforts to increase local food and agricultural production, build consumer access to and awareness of healthy local food resources, and conserve the region's agricultural heritage. Full job description and salary available at **www.rutlandfarmandfood.org**

New jobs posted every day!

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recruiting?
Place an ad where everyone is looking (right here!)

CONTACT MICHELLE:
865-1020 x21
michelle@sevendaysvt.com

SEVEN DAYS

Project Manager/ Customer Support

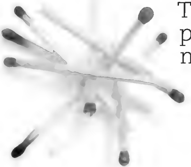
WTSmed is a socially conscious, natural medicine company that works with alternative medicine practitioners. Our products are manufactured in the U.S. and Canada and are distributed globally. We host annual medical conferences and maintain a referral list for supporting physicians. Our office is located in downtown Montpelier.

Job description: We are looking for an extremely independent person to join our team and take full responsibility for offering excellent customer service to our physician clients, provide administrative support, and manage short- and long-term projects. The job entails processing phone orders, troubleshooting logistics problems and administrative work including writing, editing and database management.

We are looking for a creative thinker and problem solver — a great communicator with a friendly phone demeanor. Applicants should have excellent phone, computer and writing skills. Attention to detail is essential for this job! Genuine interest in holistic lifestyles and natural medicine is important, as well as a high level of ethics. Applicant should be experienced in Microsoft Office.

We are dedicated to creating a healthy, fun and enjoyable work environment. Our corporate culture is atypical and our office environment is relaxed. Compensation is commensurate with experience. The hours for this position are 11-5 p.m., Mon-Thu and 9-5 p.m., Fri. Please email your resume and letter of interest to Amy Lee at **amy@WTSmed.com**

WTSmed



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for recruiters...

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- Immediate results
- Qualified candidates
- Competitive pricing

To advertise, contact Michelle
michelle@sevendaysvt.com or
865-1020 x21 or "post an ad" at
sevendaysvt.com (classifieds)

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